THE PORTUGAL News

Portugal's National Newspaper in English

28 July 2007 • Edition Nº 918 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.the-news.net

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Children paid €30 to act as PM's 'students'

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Portugal launches new attempt at EU Treaty

Portugal has launched negotiations on the final version of the future EU Treaty - the second attempt by community Europe to adapt to its current size and to a "globalised world". (See Page 8)

Weekend weather

Lisbon: Saturday: Sunny, high of 31º Sunday: Sunny, high of 34º. **Faro:** Saturday: Mostly Sunny, high of 31º Sunday: Sunny, high of 31º. **Oporto:** Saturday: Morning fog, high of 25º Sunday: Mostly Sunny, high of 26º.

Parents of missing Madeleine say they are responsible parents and victim of a predator

McCANNS HIT OUT AT BAD PARENT CLAIMS

The parents of missing Madeleine McCann have this week reacted angrily to media reports suggesting that they will face prosecution in the UK for being negligent parents. In their defence, the four-year old toddler's parents say they are convinced they acted responsibly. The report, published on Sunday, came as Gerry McCann prepared to visit Washington to seek assistance in finding Madeleine from missing children specialists and high-level US politicians. Madeleine went missing on May 4 from a holiday apartment in Praia da Luz while her two-year old twin siblings slept beside her.

McCanns, see p.2

Portugal captures Spain's most wanted criminal

Wanted for the killing of three Spanish police officers and countless robberies, Spain's most wanted man, who calls himself El Solitario, arrives amidst tight security at the Figueira da Foz court. He was arrested this week in this coastal city as he was preparing to hold up a bank. He is said to have intended using the cash from the heist to flee to Brazil. (Photo: Lusa/Sérgio Azenha)

Kate and Gerry McCann parents of missing British child, Madeleine McCann, pictured in Praia da Luz two months on from the day of her disappearance. (Photo: Darren Fletcher)

McCanns, from p.1

While the British media has sporadically been seen and heard vouching for the McCann family whenever a suggestion has been made locally that they might, or even should, face prosecution for leaving their children unattended, it is a report by a UK paper that has left the family most unsettled.

Airing his views this week after the report, Mr. McCann said: "There is a very upsetting story on the front page of a British national newspaper. The headline suggests that Kate and I face prosecution for neglecting our children by dining 50 yards away and checking on them regularly."

He further explains that while he knows "there has been criticism in some quarters of our actions but at the time, we felt our actions were responsible. We were essentially performing our own 'baby listening service', although we have talked of the guilt we felt at not being there at the moment Madeleine was taken." Mr. McCann has since revealed that the family has received legal counsel, stating their behaviour was well within the bounds of "responsible parenting", and subsequently been assured that no action will be taken.

"The real issue is that we should not have a constant fear of abduction of our children from their bedrooms, gardens or streets for that matter. What Kate and I did was at worst naïve, and no one should forget that the real criminal is the predator, who has taken a completely innocent child in such a premeditated fashion. It is this act that has wreaked havoc on our family and affected millions of other people", argued Mr. McCann.

In an interview with ABC's Good Morning America in Washington this week, he argued: "We were dining 50 yards away and we could see the apartment from where we were. It's like we were seated in our back garden, albeit at the end of our garden. The kids were sound asleep and they were being checked regularly. We didn't think we needed a babysitter. We are good parents and what we did felt perfectly reasonable at the time."

In a related development, and despite incessant speculation the past ten days, the only formal suspect in the case, Robert Murat, has to date not been hauled in by police to face further questioning on "new evidence" as has been suggested by the tabloid press.

Top police detective jailed over missing drug money

Ana Paula Matos, who has been a *Polícia Judiciária* (PJ) detective since 1977 has been placed in custody pending further investigation in relation to money allegedly misappropriated from drug traffickers. Inspector Matos, who supervised the two operations from which a total of €93,935 disappeared, had earlier been removed from field work and handed a desk.

Inspector Ana Paula Matos, who has been smashing drug networks for the past 30 years, was arrested on Wednesday evening on suspicion of having taken at least €94,000 off drug traffickers whose arrest she had ordered.

Internal affairs investigators had earlier suspected that as many as 21 drug enforcement agents could have been involved in diverting the cash seized from at least two separate operations.

As revealed last week by **The Portugal News**, internal affairs placed advertisements in daily newspapers, asking the public to come forward with complaints relating to money apprehended by investigators from the DCITE drug enforcement agency.

Internal affairs inspectors had given ten days for members of the public to come forward with evidence implicating unscrupulous detectives, whose task it is to seize cash and narcotics obtained from operations against international trafficking rings at airports.

The inspectors stated in the newspaper notice that their call on the public was solicited by the chief of the PJ Alípio Ribeiro.

It further says that "any person with a complaint or a grievance against the normal functioning of the DCITE" should come forward.

In the event of there having been more cases of police illegitimately seizing cash from traffickers, it is also likely that their "victims" would be serving jail terms.

The DCITE, which is a branch of the PJ, was first embroiled in controversy, when it emerged a fortnight ago that close to €100,000 had disappeared after it had been seized.

A day after the news broke, PJ Deputy Director José Bráz resigned, though he claims his decision to quit was "not necessarily" related to the embarrassing accusations being made against these elite detectives.

The chairman of the Union of PJ detectives and workers, Carlos Anjos, said latest developments are an embarrassment.

"We regret this situation. It stains the good name of an institution, and embarrasses all who work at the *Polícia Judiciária*", lamented Carlos Anjos.

However, he stressed the fact that it was the very PJ that detected the loss of seized cash, which was an indication that "internal control systems work".

In 2006, the DCITE seized €12 million in drug money, along with the equivalent of €1.3 million in foreign currency.

New tourist generation not targeted by outdated campaigns

Recent trends have shown that the present-day tourist who comes to the Algarve is much different from the one holidaying in the region in the 1990s.

Research indicates that tourists now book holidays over the internet, travel on low-cost airlines, stay for shorter periods and visit more times per year. Air travel alone brings more than two million passengers to the region every year.

However, despite the significant changes, promotional campaigns still appear to target the tourist of 12 years ago. No updates, studies or surveys to outline the new generation's profile have, as yet, been carried out.

A survey undertaken 12 years ago remains the sole instrument through which tourism campaigns are crafted.

Since the recent overhaul of the Regional Tourist Board (RTA) two months ago, vice–president Nuno Aires, is the first to point out the problem.

He says, "We are faced with this incredible situation of not having an updated study on which we can base our plan to promote the Algarve."

RTA president António Pina has launched an open concourse to compile a new survey and subsequent tourist profile, which is hoped to be ready by 2008, and will serve as a basis for present-day tourist profiles.

Leprosy cases double

The number of recorded leprosy cases in Portugal doubled last year in relation to the previous year, official figures by the National Health Department (DGS) have revealed.

The DGS explained upon revealing the latest figures on the disease, that the increase is largely due to increased immigration by people from countries where leprosy is still endemic.

According to the DGS the number of confirmed cases of what is also known as Hansen's disease, rose from seven cases in 2005 to 16 last year, which is also equal to the total number of cases between 2002 and 2005.

The chief of the Dermatology Unit at Lisbon's Curry Cabral Hospital explained that increases in the disease "have to do with immigration, especially from Brazil and Africa".

Hansen's disease is a chronic infectious disease caused by the bacterium *Mycobacterium leprae*. If left untreated, there can be progressive and permanent damage to the skin, nerves, limbs and eyes.

Effective treatment for leprosy appeared in the late 1940s with the introduction of dapsone and its derivatives. However, leprosy bacilli resistant to dapsone gradually appeared and became widespread, and it was not until the introduction of multi-drug therapy (MDT) in the early 1980s that the disease could be diagnosed and treated successfully within the community.

It is estimated that more than five million people worldwide are infected and is common in Asia, Latin America, Africa and the Pacific Islands.

The countries most affected by leprosy are Brazil, India, Guinea-Bissau, Mozambique, Madagascar, Nepal, Niger, Bangladesh, the Central African Republic and the Democratic Republic of Congo.

THE PORTUGAL News

Represented in Portugal by: ANGLOPRESS Edições e Publicidade, Lda

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Distributed nationally by VASP **Member of** apct

The Portugal News is owned and published by:
The News Group of Newspapers Inc. **Depósito Legal Nº** 80258/94
Printed by: MIRANDELA Gráfica, Lisbon
Print Run (Tiragem): **24,175**

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Zero death toll for Europe's largest bike meet

For the second consecutive year Europe's largest yearly bikers gathering, Faro's *concentração de motas*, organised by the Moto Clube de Faro, registered no road deaths whatsoever. This was a target achieved last year for the first time ever, and successfully repeated again this year.

Over the four days of celebrations five serious injuries were recorded – the exact same number as last year's meet, which was the event's 25th anniversary.

According to police figures, 23 bikers and drivers were detected driving while under the influence of alcohol, most of whom, interestingly, were not official participants in the mammoth event.

A total of 26 accidents were documented, eight more than last year, though of less serious consequence.

Police spokespersons have complimented the bikers' behaviour and "notable adherence" to the event, particularly where "safety procedures required by law" are concerned.

An estimated 750 PSP and GNR officers made their presence felt, the purpose being for authority to serve as a deterrent and as a preventative measure, rather than to restrict or put a dampener on the fun.

The ZerOKilled campaign was devised specially for the yearly bikers' meet and appears to have found a winning formula.

As the largest biker gathering in Europe, this year more than 40,000 people from all over the world made a beeline for Faro's Vale de Almas.

Entertainment starred Joe Cocker and included Portuguese 'father of Rock' Rui Veloso, Urbe, Tocá Rufar, Orishas, Blasted Mechanism, Pat Savage and the tribute 'Kiss Forever' Band, as well as the traditional 'Miss Wet T-shirt' contest, best bike and tattoo competitions, and the symbolic en-masse *sardinhada,* where hundreds of thousands of sardines are grilled by volunteers for hours on end to feed the hungry bikers and visitors.

Spread over 40 hectares, the venue comprises a fully-quipped hospital, six beds for in-patients, defibrillators, monitors, small surgery facilities, and a revival room.

Thirty-eight doctors and specialists, 60 nurses, 50 emergency technicians, 37 first-aiders, 23 drivers and six coordinators provided 24-hour medical assistance, on stand-by for all eventualities.

Also making up the mega-event are round-the-clock bars, a garage, an oversize canteen seating hundreds (who are kept cool with water-spray sprinklers) and a free bus to and from Faro.

One man and his dog take part in the closing parade of Europe's largest bike meet on Sunday in Faro. (Photo: Lusa / Luis Forra)

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Large quantities of hashish seized in Algarve

This week Portuguese PJ police made two significant seizures of large volumes of hashish, both in the Algarve, one on the A2 motorway, the other in Castro Marim, a short distance from the Guadiana bridge.

A police operation in Castro Marim on Tuesday resulted in the seizure of two tons of hashish and various motor vehicles. (Photo: Lusa / Luis Forra)

In the first case, 4,000 kilos of hashish were seized in a lorry with Spanish license plates, registered in Vigo, and which was intercepted on the A2 motorway.

Belonging to a company located in southern Spain, the lorry was being driven by a 53-year-old British man, who was subsequently detained.

Disguised amongst other contents, in paper containers, were large parcels of hashish totalling over 4,000 kilos. A second 30-year-old suspect was detained near Vendas Novas, also driving a Spanish vehicle which officials believe to have been designated as an 'escort vehicle'.

The seizure was the result of an investigation carried out last week, around various areas of southern Portugal's Spanish borders, triggered by suspicious movements of what is thought to be an international drug-smuggling organisation.

Portuguese PJ police identified a third suspect in relation to the incident before he managed to escape in a direction towards Spain.

Ongoing international investigations will now try to identify the origins of the drugs, which officials believe were destined for Spain and Northern Africa.

In a related story, PJ police seized nearly two tonnes of highly pure hashish pollen on Monday. Due to its purity, the product would reportedly have been worth more than three times the value of traditional hashish.

Four people were arrested in relation to the detention, three Portuguese (two women and a man who were related) and a man of Moroccan nationality.

It was the outcome of a 15-day investigation into internal trafficking.

The suspects were taken by surprise when intercepted while approaching the Guadiana Bridge, which connects the Algarve to Spain.

They had reportedly loaded a lorry with Spanish license plates in a warehouse in Castro Marim, before setting off for Spain.

Seven other vehicles were detained in the procedure, five passenger vehicles and two goods vehicles, two of which were sporting forged license plates.

At the time of their arrest, the four suspects were travelling in three separate vehicles, in convoy.

According to a SRITE (Regional Branch for Drug Investigation and Trafficking) official, the drugs are thought to have entered the country by sea, and more suspects are yet to be caught.

Those detained, aged between 29 and 53, showed no resistance to authorities and will be heard in the Vila Rila de Santo António courts.

Portuguese workers have 36.5 days of leave a year

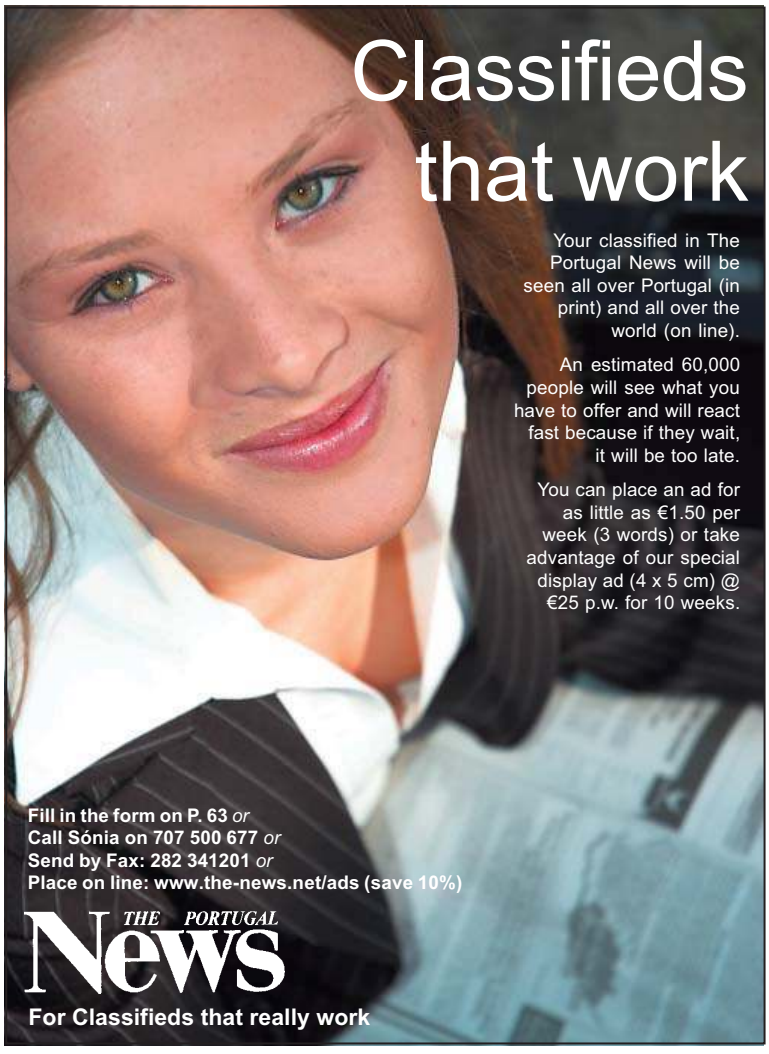
Portugal is the seventh most giving country when it comes to holiday leave in the 27-member state European Union, a study published earlier this week has found.

The study, conducted by Eurofound reveals huge differences between the hours worked from one member state to another.

At its extreme, it was found that citizens could work as much as two-and-a-half weeks more than fellow EU citizens.

In Sweden, once leave is added to bank holidays, workers can look forward to 43 working days away from their careers. However, Estonians were only entitled to 26 off work.

At the top of the leave table, is Sweden with 43 days leave, followed by Germany (40), Italy (39), Luxembourg and Denmark (38), Austria 37 and Portugal (36.5).



Lisbon fails honesty test

Lisbon will not be rated very highly in the next edition of Reader's Digest which will be publishing the findings of 'honesty tests', amongst other international magazines, conducted at 32 cities across the globe.

To test the honesty of Lisbonites, journalists from Reader's Digest would leave a mobile phone unattended, waiting for a passer-by to pick it up before calling it requesting its return.

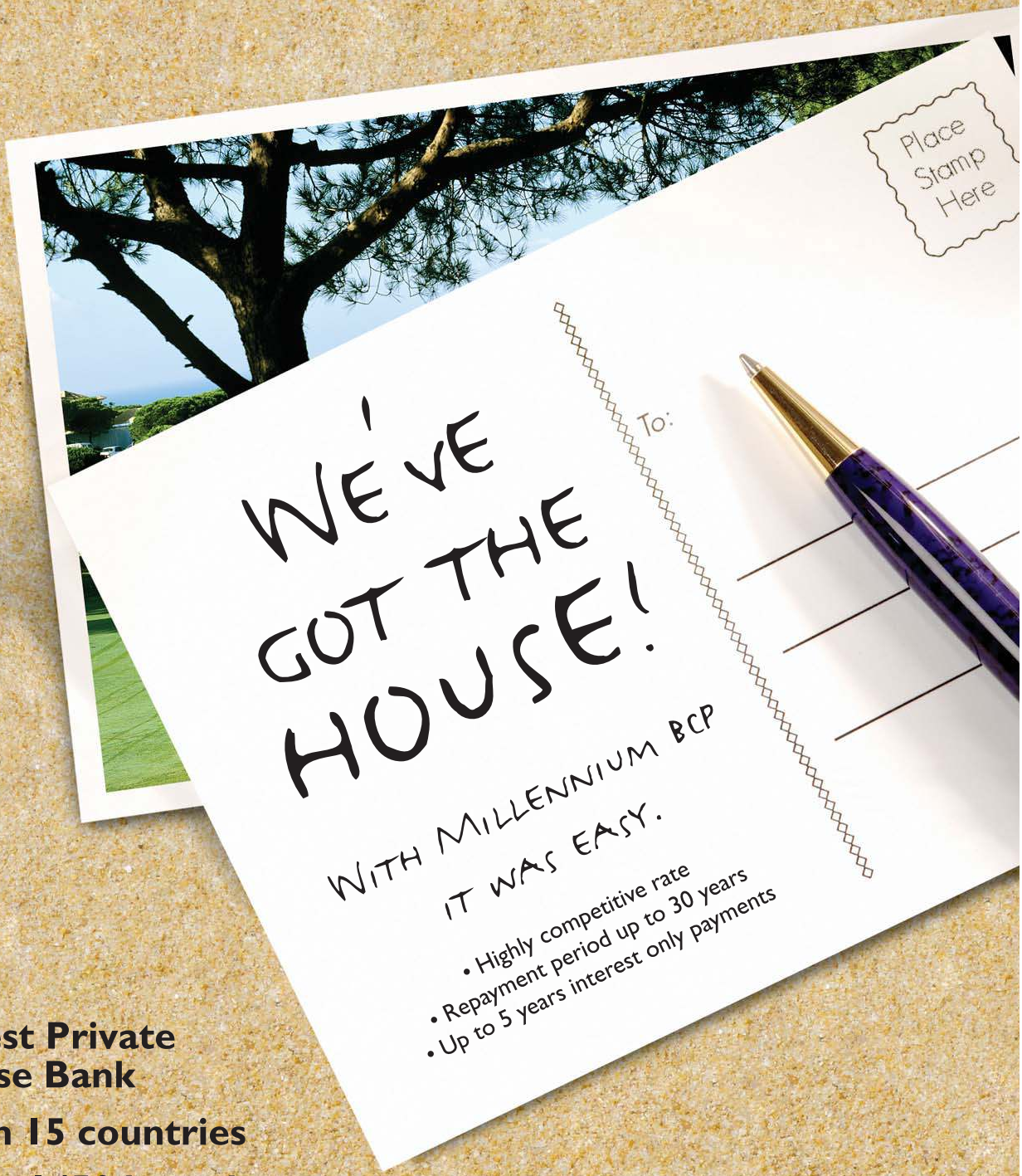
Lisbon was ranked 28th out of the 32 cities, with only Amsterdam, Bucharest, Hong Kong and Kuala Lumpur faring worse.

At the other end of the scale, the most honest citizens can be found in cities such as Toronto or Seoul.

In Lisbon, 30 mobile phones were left unattended, with only 15 of these being returned to their owner.

The 50 percent average obtained in Lisbon was 17 percent beneath the global average.

Mortgages for Non-Residents



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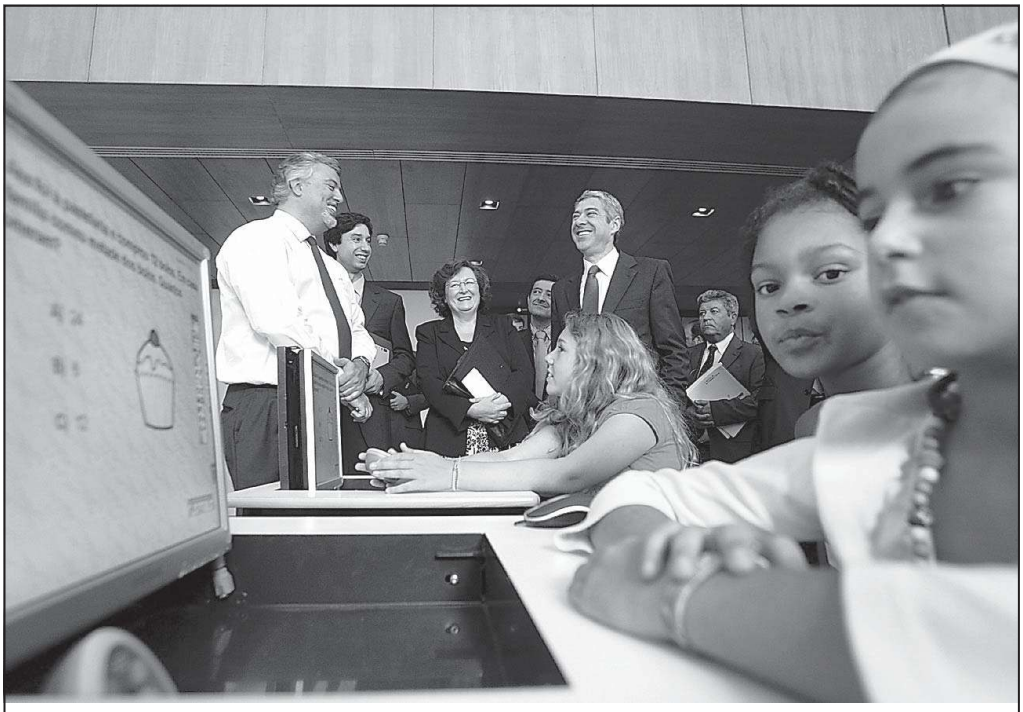

Prime Minister José Sócrates and Education Minister Maria Lurdes Rodrigues during the presentation of the "Schools of the Future" plan at the Belém Cultural Centre in Lisbon on Monday. (Photo: Lusa / Inácio Rosa)

It emerged this week that the ten children present at the unveiling of the government's Educational Technological Plan were paid by the taxpayer to be present at the ceremony led by Prime Minister José Sócrates and Education Minister Maria de Lurdes Rodrigues.

After the unveiling of the plan to create so-called "Schools of the future", which will cost an estimated €400 million, the children admitted that they had been hired to act out a school scene in exchange for €30.

The children were contracted by PR company Action4 Activism who had in turn been paid by the Education Ministry to orchestrate a successful ceremony.

A company spokesperson explained that the children were paid as it would have been difficult to find volunteers during the summer holidays.

The Plan itself, which has become a source of pride for the prime minister, foresees the installation of 12,000 surveillance cameras at schools and also to eventually eradicate the use of cash by students at schools.

As from September, each of the existing 27,000 classrooms from Year 5 onwards will be equipped with at least one computer with an internet connection.

The use of cards at canteens will not only seek to minimise the use of cash by pupils at schools, but will contain other information such as test and exam results.

Lisbon welcomes release of Bulgarian 'HIV' medics

The Portuguese EU presidency has applauded Libya's extradition to Sofia of six Bulgarian medics, sentenced to life in prison for infecting more than 400 children with HIV/AIDS, saying the move opened the door to increased bilateral cooperation.

The five Bulgarian nurses and a naturalized doctor of Palestinian origin, accompanied by France's First Lady aboard a French plane, were received festively in Sofia by Bulgaria's top leaders.

Bulgarian President Georgi Parvanov, as expected, pardoned the six immediately on their arrival from Tripoli.

The EU recognized "the constructive role" played by Libyan authorities in resolving the long standing controversy marring EU-Libya relations, and "the potential for strengthened cooperation" between the two parties, the Portuguese presidency said.

Later in Brussels, Portuguese Foreign Minister Luís Amado expressed his "satisfaction with the results of these negotiations", saying the medics' release had been a priority for the Lisbon presidency.

While underlining the successful role of French diplomacy in resolving the affair, Amado said the EU presidency had been directly involved in the negotiations with Tripoli in a "very discreet" manner, especially through Commissioner Benita Ferrero-Waldner.

He predicted that the bloc's relations with Libya could now be "normalised", allowing "new approaches" on a variety of fronts with Tripoli.

The six Bulgarian medics, all of whom pleaded innocent, were sentenced to death in 2004, a sentence recently commuted to life in prison. They were convicted by a Libyan court of having intentionally infected 438 children with HIV/AIDS, 56 of whom later died, at a paediatric hospital.

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EU approves passenger data sharing accord with US

EU foreign ministers, meeting under Portugal's presidency, approved a new data exchange accord, covering trans-Atlantic flight passengers, with the United States.

The accord, which replaces a provisional bilateral agreement in the framework of the fight against global terrorism, will take effect August 1, giving US authorities access to 19 categories of information on passengers flying from Europe to the United States.

Among the data that will be provided from information supplied at the time of ticket purchase are home addresses, telephone numbers, itineraries and credit card numbers.

The provisional agreement, set to expire at the end of this month, was set up after the European Court of Justice voided an earlier accord which it considered did not provide sufficient protection for the privacy of European citizens.

While the agreement reduces the number of shareable data categories from 34 to 19, it expanded the period US authorities can keep the data to 15 years from the current 3-1/2 years.

TPN/Lusa

Portugal urges 'constructive' Russian action on UK extradition

The Portuguese EU presidency has expressed its "disappointment" over Russia's lack of "constructive" cooperation with Britain in Moscow's refusal to extradite a former KGB agent wanted by London for the murder of Alexander Litvinenko last year.

In a statement issued last week, Lisbon urged Moscow to "establish constructive cooperation urgently" on the issue, saying it hoped for a "satisfactory solution" for the problem that raises "questions of mutual interest for the EU member states".

London ordered the expulsion of four Russian diplomats Monday in reaction to Moscow's rejection of its extradition request.

Portuguese Foreign Minister Luís Amado said he was "worried" about the possible fallout for the bloc from the London-Moscow controversy.

Lisbon is to host an EU-Russia summit in October.

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Portugal launches new attempt at future EU Treaty

Portugal has launched negotiations on the final version of the future EU Treaty - the second attempt by community Europe to adapt to its current size and to a "globalised world".

The aim of the Portuguese government, which holds the European Union presidency until the end of the year, is to quickly complete the negotiations in an intergovernmental conference (IGC) involving the 27 EU member states.

This would enable the new Treaty to be approved, in record time, at the informal summit of EU leaders scheduled for this October 18-19 in Lisbon.

It should be quickly accepted by the 27 so that it can be ratified/confirmed by all the EU national parliaments (with or without prior referendums) and take force before the next European elections in June 2009.

The document replaces the draft European Constitution approved three years ago in Rome, which became unviable the following year after failing referendums in France and the Netherlands.

The new Treaty's approval in Lisbon would thus end one of the most serious political/institutional crises in the history of the European integration process. For the past three years an impasse has prevailed, with the perception of an EU whose institutions were at risk of functional paralysis after the recent admission of a dozen new member states.

European leaders had gathered on October 29, 2004, in Rome, at a ceremony then considered "historic", to sign the so-called "European Constitution", the Treaty that would replace and combine in one single text a number of earlier European treaties and provisions approved since the European integration process began in 1950.

President of the European Commission José Manuel Barroso (L), Luxembourg Foreign Minister Jean Asselborn (C) and Council President Luis Amado (R) pictured at the beginning of the Intergovernmental Conference at the European Council on 23 July 2007 in Brussels. (Photo: EPA/Dirk Waem)

The EU heads of state and/or government met in the Orazi and Curiazi Hall of the Roman Campidoglio (the same venue where the founding treaty of what is now the European Union was signed in 1957) to sign the Treaty establishing a Constitution for Europe.

On January 12, 2005, the European Parliament in Strasbourg approved the draft European Constitution, by a comfortable majority of 500 votes in favour, 137 against and 40 abstentions.

This was meant to mark the "kick-off" of the ratification process, as all the member states were then required to approve the document by referendum or in their respective parliaments before it could take force.

The process began smoothly and by May of that year nine countries had ratified the treaty. The first test was in Spain, where 76.6 percent of voters approved the Treaty in a referendum.

However, concern mounted when polls began to show a rise in probable "no" votes in France, an EU founding country and one of its most important member states. This was confirmed on May 29, 2005, when 54.8 percent of French voters rejected the new European "basic law".

After this thumbs-down many voices still urged the process to continue, signing a joint statement to that effect on the night of May 29. However, just 72 hours later the Treaty suffered a further setback when 61.7 percent of Dutch voters also rejected the Treaty.

European leaders meeting at the June 16, 2005, European Council marking the end of Luxembourg's presidency therefore decided to extend the Constitution's ratification deadline beyond the originally planned November 2006, establishing a "reflection period".

The countries that had scheduled referendums on the European Constitution and which had yet to ratify the text (Portugal among them) decided at the same time to postpone them to prevent an eventual "contamination effect".

After a year-long "reflection period" the EU leaders met in June 2006 to review the situation. They agreed on a route map to end the impasse, setting the second half of 2008 as the target for a decision, and gave the German EU presidency, due to begin in January 2007, the task of leading the process and finding solutions.

This would become the major goal of Germany's six-month presidency term and in the early morning hours of last June 23 Chancellor Angela Merkel saw her mission crowned with success at the summit of European leaders in Brussels.

At the end of a marathon negotiating session, the EU 27 leaders reached agreement on a mandate for the Portuguese presidency to oversee the writing and formal approval of a new text, now designated the Reform Treaty. If all goes as planned, it will also be known as the Lisbon Treaty.

The failed project for a European Constitution or Constitutional Treaty will thus be left behind, while ahead the process must still successfully pass through the Intergovernmental Conference phase and be ratified by all the member states.

The aim is for the Lisbon Treaty to take force before the next elections for the European Parliament in June 2009.

This would be a fitting achievement to mark the end of former Portuguese prime minister José Manuel Durão Barroso's first five year term at the head of the European Commission, making a second term through 2014 all the more likely. *TPN/Lusa*

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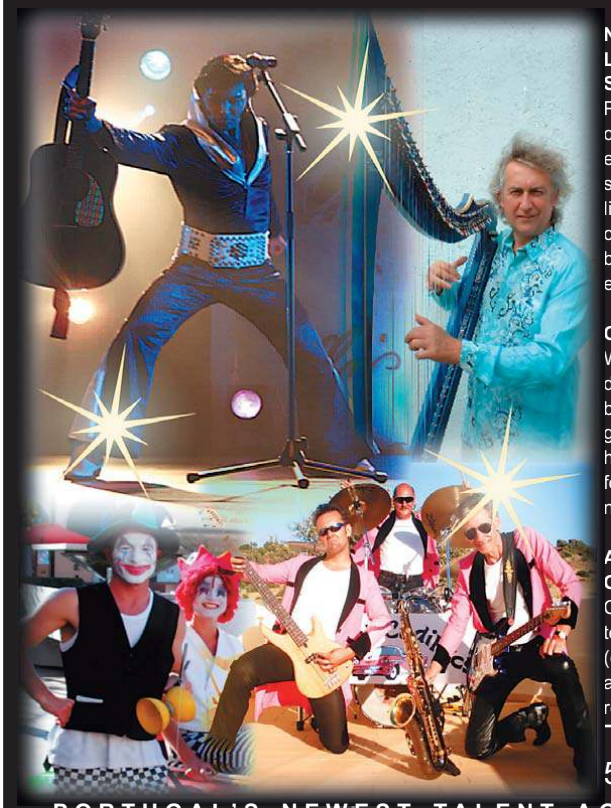

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Portugal and Spain toughen up cross-border security

The interior ministers of Portugal and Spain, sharing a "broad consensus" on Lisbon's priorities for the sector during its EU presidency, have reached agreement on deepened bilateral cooperation on a wide range of cross-border security issues. The announcement came within hours of Portuguese police capturing Spain's most wanted criminal after they foiled an attempted bank robbery.

In a "joint declaration" issued on Monday after talks in Lisbon, Internal Administration Minister Rui Pereira and his Spanish counterpart, Alfredo Pérez Rubalcaba, agreed, among other matters, to "intensify immediately the exchange of information related to criminal and terrorist activity, namely the fight against ETA", the Basque separatist organisation.

The ministers also discussed the Portuguese EU presidency's programme for the security sector, saying they shared a "broad consensus on the principal priorities".

Shortly before the ministerial announcement, Portuguese police said they had captured one of Spain's most wanted criminals hours earlier in the central coastal town of Figueira da Foz as he prepared to rob a bank.

He was to have used cash from the heist to flee to Brazil, police sources said.

Known as "El Solitário", the heavily armed detainee is wanted in Spain on suspicion of killing three police officers and for some 30 armed robberies.

Upon his arrest, the fugitive was using one of his many disguises.

At the time of going to press, Madrid had not yet requested an extradition, though Spanish authorities appeared satisfied that he would be tried in Portugal first.

In their joint statement, Pereira and Pérez Rubalcaba also underlined the "good progress" being made for introduction of Portugal's SISone4ALL system in extending the Schengen free circulation accord to new EU members and increased bilateral cooperation in environmental and customs issues.

Wanted for the killing of three Spanish police officers and countless robberies, Spain's most wanted man, who calls himself "El Solitário", leaves the Figueira da Foz court. He was arrested this week in this coastal city as he was preparing to hold up a bank. He is said to have intended using the cash from the heist to flee to Brazil. (Photo: Lusa/Sérgio Azenha)

Madrid "satisfied" with Lisbon's draft treaty proposals

Spanish Foreign Minister Miguel Angel Moratinos expressed his satisfaction with the draft Reform Treaty unveiled by Portugal's European Union presidency, saying the proposals "covered all essential points defended by Spain during negotiations" by EU leaders on the plans last month.

Speaking after attending the opening session of the intergovernmental conference (ICG) in Brussels, where Lisbon's EU chair formally launched negotiations it hopes will result in agreement on the new treaty by October, Madrid's top diplomat said the first reading of the text by Spanish legal experts had been "very satisfactory".

Portuguese Foreign Minister Luís Amado said at the IGC launch, that Lisbon is making all details on the negotiations public to ensure "transparency." The new draft treaty, and other documents, are already available for consultation on the official Portuguese presidency website, said Amado, "particularly for the benefit of Europe's citizens."

Legal experts from the EU's 27 member states will now hammer out a treaty to be presented to the bloc's leaders at an informal summit in October. Portugal's No. 1 diplomat, stressing that negotiations on the new treaty would be primarily "technical", said any political questions arising from the proposals "will be dealt with later." *TPN/Lusa*

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Prime Minister José Sócrates (R) welcomes his Andorra counterpart Albert Pintat on Monday at S. Bento Palace in Lisbon. (Photo: Lusa / Inácio Rosa)

Free circulation pact inked with Andorra

Portugal and Andorra signed an accord Monday to give each other's nationals full employment and residency rights, officials said.

The "free circulation" agreement was inked by Portugal's government chief, José Sócrates, and his Andorran counterpart, Albert Pintat, and shortens the time needed for Portuguese living in Andorra to open businesses.

The 13,000-strong Portuguese community in Andorra, mainly working in construction and tourism, has called for years to be given similar rights to French and Spanish nationals living in the mountainous principality, particularly relating to business start-ups.

Portuguese will now be able to open a company after 10 years, instead of the present 20.

In return, Andorrans living in Portugal will be treated as "EU citizens" in relation to employment and residency. The two countries will also sign an accord to prevent double taxation.

TPN/Lusa

Portugal has EU's quickest growth rate in research workers

Portugal has the fastest growth rate in numbers of research and development staff in the whole of Europe, Lisbon's minister of science, technology and higher education, Mariano Gago, said.

Speaking after a meeting of EU ministers to discuss public and private investments in research, Gago said: "Portugal is the country that has the fastest rate of growth in research and development personnel in all of Europe."

According to official Lisbon figures, around 25,000 people in Portugal were in full-time work in research and development in 2005, some 82% of them researchers. This marked a 4% increase in the numbers of these specialised workers in Portugal since 2002, the Lisbon minister explained.

Another issue studied by the 27 science ministers was the lack of women working in research jobs. But Portugal, said Gago, has already resolved this imbalance, having the fourth-largest number of females working in research and technology.

Some 44% of science and technology workers in Portugal are women, while the EU average lies at between 25% and 29%, noted Lisbon's science minister.

In a related development, Mariano Gago, said that Portuguese institutions will launch an unprecedented international recruitment drive this year to hire 1,000 researchers.

"About 1,000 researchers with doctorates will be contracted this year, for the first time, by Portuguese scientific institutions" through international tender, Gago said.

He made the announcement at the close of a two-day meeting of European Union science and higher education ministers in Lisbon that focused on discussion of how to boost the bloc's research and development sectors and stem Europe's "brain drain".

Lisbon's minister of science, technology and higher education also said Portugal had witnessed "very significant growth" recently in the number of youths opting for advanced scientific studies.

Questioned on the Portuguese parliament's approval of broad reforms for the country's higher education system, Gago welcomed the move, saying it would help "reformist forces" within the institutions. *TPN/Lusa*

Carrefour preparing Portugal pull-out?

Respected daily financial newspaper *Diário Económico* was insisting this week that the major retail outlet Carrefour was talking to its rivals over a possible sale of all its stores in Portugal.

Carrefour has declined to comment on what it terms "rumours" while the Auchan Group, said to be one of the potential buyers, has denied its discussing a takeover.

However, Sonae, which owns Continente, has to date failed to rule out its apparent eagerness to purchase the 12 stores Carrefour currently operates in Portugal.

Carrefour recently received permission to build a further 11 supermarkets in Portugal, though it remains unclear whether these rights will be transferable to new owners in the event of a takeover.

WEB

Web (INTERNET) noun [S]
the system of connected documents on the Internet, which often contain colour pictures, video and sound, and which can be searched for information about a particular subject:
(From Cambridge Advanced Learner's Dictionary)

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Look for an opportunity, and do your homework

Julie and Mark met in the Algarve, where they have been for the last seven years. Julie was involved in villa management, but she had an eye for a good business opportunity. Her mum has been here even longer and not one to leave British traditions behind used to drive over 40 miles from Tavira to Carvoeiro for good old English fish and chips. When she told her daughter that she had heard the shop was to close and become an Irish pub, this inspired Julie and her partner Mark Fielding to fill a need.

They found the perfect premises, a former vegetarian restaurant next to the post office in Almancil. But first they rushed to Carvoeiro to do a deal with the Fish & Chip shop owner to buy all his equipment.

Working on a budget, Julie decorated the new premises in all shades of blue and grey, creating a fresh beachy look and even managed to capture the feel of a seaside beach hut in the loo.

Julie and Mark have become masters of their art. The chips are hand cut and fried to perfection, while the fish, shipped in from Norway, is of dependably high quality.

Asked what she would recommend to other Brits starting a business in Portugal, Julie said "look for a need" and "do your homework". Don't try to do what everyone else is doing, but look for an opportunity no one else has spotted. Almancil, with all its English visitors, had no fish and chip shop for miles around, and that was a perfect opening for their entrepreneurial skills.

Regulations and legislation are very strong in Portugal, especially in the restaurant business, so Julie and Mark decided to take no risks or shortcuts. They availed themselves of the services offered by a company called PREVIA who advised them in health, food hygiene and safety and make regular checks to see if they are doing anything wrong. They helped with staff training, and all in English.

This helped with one of the difficulties encountered en route to setting up shop and Julie felt her inability to speak good Portuguese was also a setback.

Asked about banking, Julie said she was impressed with the services of Millennium BCP, but felt had she not already resided in Portugal for six years, she may have had difficulty, as a single female, in being granted a mortgage. The Portuguese banks still seem to take a rather 'old fashioned' view about unmarried women. With a little gentle persuasion and insistence, she got the help she needed from the bank, even better, they now regularly drop in for lunch, and so she has won the bank over on two counts, finance and food.

As for the future, Julie and Mark are looking to open "The Battering Plaice" branches elsewhere in the Algarve and already have interested investors sniffing at their door.

Photo: Julie White and Mark Fielding outside The Battering Plaice in Almancil

EU wants improvements made to WTO proposals to liberalise world trade

The Portuguese EU presidency indicated this week that improvements should be made to the current proposal by the World Trade Organisation (WTO) to reach agreement on the liberalization of international commerce.

"We're still rather far from achieving a result," Portugal's economy minister, Manuel Pinho, said this week following an informal meeting of his commerce counterparts from the EU 27, which ended in the early morning in Brussels.

The last draft compromise presented by the WTO did not meet the expectations of the Europeans, Pinho told Lusa.

A month after the four-part (Brazil, India, United States and European Union) negotiations in the German city of Potsdam failed to re-launch the Doha Round, the WTO last week presented two draft agreements, on agriculture and industrial products.

The WTO hopes its proposals can help close the five-and-a-half year cycle of negotiations on the next stage of liberalizing world trade.

The agriculture text asks the United States to cut agricultural subsidies from 73% to 66%, which would reduce the annual outlay to American farmers to between US$ 12.8 billion and US$ 16.2 billion.

The most recent American proposal accepted cutting that amount to US$ 22 billion.

The European Union is also asked to reduce its aid by between 75% and 85%, for an outlay of between US$ 16 billion and US$ 27 billion.

Regarding customs tariffs imposed on agricultural products, Brussels should reduce them by between 52% and 53.5%, a figure that European Commissioner for Trade Peter Mandelson has said he is willing to accept.

In exchange for farming concessions, the rich countries ask the emerging nations to make their respective markets more open for industrial products.

In this area, the WTO text on industrial products suggests lowering the customs tariffs imposed by the 27 emerging countries to a range of between 19% and 23%. But in Potsdam last month, they refused to go below 30%.

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EU sets sights on industrial reforms in environment-friendly setting

European economy ministers, meeting under the Portuguese EU presidency, called Saturday for reforms to make the bloc's industries simultaneously more competitive and environmentally sustainable, increase employment opportunities and bolster support for economic-backbone smaller companies.

EU Commissioner Gunter Verhuegen, in comments at the close of two days of discussions in Lisbon, described the objective of "re-structuring the industrial base" as politically "difficult and important" to achieve.

The idea that environmental protection was opposed to increased competition and growth of employment was "obsolete", Verhuegen said, adding that such targets could be reached while dealing with climate change and lowering levels of greenhouse gas CO_2 emissions.

Industrial reform, he stressed, presented "an opportunity rather than a threat", saying that Europe currently lived in a "time of fat cows" that eliminated excuses for delays or failure in working towards the targets set.

He said that a guideline document for industrial reform and energy policy was under preparation and would be presented before the end of the year.

Portugal's economy and innovation minister, Manuel Pinho, the two-day meeting's host, said Lisbon had set ambitious national targets in the energy sector, aiming for 45% renewable energy supplies by 2010, Pinho said, including a strong bet on increasing use of biomass from its forestry-based industries.

Verhuegen expressed his satisfaction with the consensus built around the Europe-wide need for more investment in research and development, technological innovation and science education, along with measures to support small and medium-size companies (SMEs) in cutting red tape and gaining easier access to financing - all aimed to make the 27-nation bloc the world's most competitive economy.

In one concrete step, he announced that 800 "contact points" would be opened across the EU to facilitate access by SMEs to Europe-level projects.

TPN/Lusa

New TAP flight to Brasilia strengthens EU-Brazil ties

A new flight by Portuguese airline TAP from Lisbon to Brazil's capital will play "an essential role" in reinforcing relations between Brazil and Europe, Portugal's ambassador in the Latin American state said.

In an interview published in *Jornal de Brasilia*, Ambassador Francisco Seixas da Costa noted that Lisbon's EU presidency hosted the first summit between Brazil and the 27-nation bloc earlier this month. The reinforced dialogue fostered by this meeting will lead to an "important strategic partnership," said the Portuguese diplomat.

TAP begins its Lisbon-Brasilia service Friday, operating daily except for Wednesdays and Fridays. The Portuguese carrier already has 60 weekly flights to Brazilian cities from Lisbon and Porto.

TPN/Lusa

The Turkish Election

The best thing about the outcome of the Turkish election on Sunday is that now the army can't make a coup. It may still want to: it was certainly making menacing noises about it recently. But after almost half the voters (47 percent) backed the incumbent AK (Justice and Development) party in Sunday's election, the army simply cannot move against it. A great many officers would just refuse to act against the popular will in such a blatant way, and the army would never risk a split in the officer corps.

A Turkish female supporter of Turkey's ruling party 'Justice and Development Party' (AKP) holds a Turkish flag in front of the city headquarters after the general election in Istanbul, Turkey on 22 July. (PHOTO: LUSA/EPA/Kerim Okten)

The even better thing about this election is that Turks have decisively rejected the false dichotomy between "political Islam" and "democracy" that paralyses politics in so many Muslim countries. That matters, because Turkey is a rapidly developing middle-income country of 75 million people that still has hopes of joining the European Union. (The current obstructionism of leaders in France, Germany, Austria and a few other countries is irrelevant, since they will probably all be gone by the time a decision is taken in ten or twelve years' time.) But the election outcome is also important for other Muslim-majority countries.

Most foreign reporting of the Turkish election followed the script provided by the main opposition parties, the Republican People's Party (CHP) and the Nationalist Action Party (MHP), in which they were defending enlightened, secular democracy in Turkey and the AK Party was just a front for ignorant hordes of rural Muslim fanatics who wanted to shove shariat law down the nation's throat. It was a "test of Turkish secularism," they claimed —and if it was, then secularism lost. But that isn't what really happened at all. The real struggle in Turkey was between the "republican elite" and practically everybody else. The "republican elite" are a privileged and well-educated class of people who have virtually monopolised senior jobs in the military, the judiciary and the state bureaucracy for several generations on the pretext that they must have control in order to defend Ataturk's secular reforms (in the 1920s!). But these days, that is only a pretext for preserving their power: secular democracy in Turkey is not in danger.

There are certainly fanatics in Turkey who would like to force all their fellow-citizens to conform to their particular brand of religion on pain of death. Every country has some of those, but they are as rare in Turkey as they are in Spain — and while the ones in Turkey probably do vote for the AKP, since it is the only party that openly espouses "Islamic values," they are a tiny proportion of its supporters.

Indeed, it's likely that quite a few of the people who voted for the AK Party this time are not even believers. Although officially 99 percent Muslim, Turkey has lots of unofficial non-believers, especially in the big cities, and many of them would have been attracted by the party's impressive economic record (five unbroken years of high-speed growth), by its unwavering commitment to membership in the European Union, and above all by its determined attempts to LIBERALISE Turkey's legal system.

The AK Party has consistently used the need to make Turkish law conform to EU norms as a justification for changing the law in ways that expand individual rights. Of course, that also undermines the ability of the "republican elite" to control the state from behind the scenes, so they are fighting back by accusing the AK Party of being a Trojan horse for religious fanatics who want to stop Turks from drinking alcohol and force women into "Islamic" clothing. The AK Party denies it, it has spent the last five years in power moving consistently in the opposite direction, and most Turkish voters believe it.

The larger significance of the AK Party's success in Turkey is that it demonstrates that devout Muslims can co-exist with their less devout fellow-citizens in a democratic constitutional order. All the devout need in order to prosper is recognition of their equal rights, not a monopoly of power and control over the personal behaviour of the less devout and the non-believers.

In Muslim-majority countries where the secular holders of power and the Islamist revolutionaries see one another as mortal enemies — which is to say, in about half of the countries of the Muslim world — peaceful democratic change, compromise and co-existence of the sort that we can see in Turkey are regarded as impossible. It is war to the death between the establishment and the fanatics, and there is very little space between them for people who would quite like more democracy and civil rights but don't fancy living under shariat law as interpreted by extremists. Opening that space up is the most important political task these countries face. The interesting thing about Turkey is that it has been the Islamic activists, not the secularists, who did the hard work that made it happen. But let's be honest: even the AK Party would have found it hard to open the Turkish system up if it had not had the prospect of membership in the European Union as an inducement for everybody to be reasonable and cooperative — and it's unlikely that the EU will be offering Egypt or Pakistan membership any time soon.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.

Gwynne Dyer

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A5 drivers to suffer disruption until the end of summer

Road authority Brisa have informed that circulation on the A5 motorway, which connects Linda-a-Velha to the National stadium, will be disrupted every weekend until the end of August.

According to radio station TSF, Brisa is commencing with works to renew the motorway's surface, which will take place every weekend, between 21h00 Friday nights, and last the duration of the weekend until 06h00 Monday.

Traffic will revert to normal in September.

Brazil-bound plane makes emergency landing in Lisbon

An aircraft belonging to Brazilian company BRA, en-route to Recife, Brazil, was forced to make an emergency landing in Lisbon last weekend due to a 'technical problem'.

According to an ANA – Portuguese Airports spokesperson, "all of the passengers were ok and sent to a hotel", where they waited until they could proceed with their journey.

After taking off from Lisbon, the aircraft was destined to Madrid, Spain, where it was to meet a connecting flight before making its way to its final destination, Recife. Carrying 270 passengers on board, the Boeing 767 was forced to turn back to Lisbon's Portela airport to make the emergency manoeuvre after a technical problem was detected.

It landed in Lisbon at around 15h37, on Sunday afternoon, without incident.

According to the same spokesperson, the landing was a "safety procedure", but no further details were released.

Locals protest against closure of health centre

Seixal residents recently protested in front of the local Health Centre, in a bid to prevent the closure of the closest medical centre of the area on July 24th. (Photo: Tiago Pentinga / Lusa)

Fines by the thousands reach post boxes around Portugal

In their first week of being fully-functional, the radars that were strategically placed on a number of Lisbon's main roads detected an astounding 17,788 speeders, issuing in average 2.541 fines a day.

In total, the fines are thought to be worth over one million euros, of which €320,000 will go straight into Lisbon City Hall's coffers.

During the first 24 hours alone the radars registered 4,090 speed-related offences, the most serious of which was committed by a vehicle driving along the Radial de Benfica at 176 kilometres per hour, smashing the limit of 80 km/h. The radars are installed on the Descobertas, da Índia, Cidade do Porto, Brasília, de Ceuta, Infante D. Henrique, Estados Unidos da América, Marechal Gomes da Costa and Gago Coutinho avenues, as well as in the Campo Grande, Marquês de Pombal and the Avenida João XXI tunnels.

All of the afore-mentioned locations are subject to a 50-kilometre speed limit, with the exception of the Radial de Benfica and the Segunda Circular, where maximum speeds are of 80 km/h.

Those breaking the legal limits face fines of between €60 and €2.500, as stated in the current Portuguese Road Code of Conduct.

St. Dominic's International School year graduation

Another milestone was reached by students graduating from St. Dominic's International School's IB Middle Years Programme (MYP) on Wednesday, July 4. After the procession began and the fifty-three proud graduates filed into the auditorium, Mrs. Sharon Thompson, MYP Coordinator, reminded the audience how important it was to celebrate the accomplishments that students made along the way to attaining the IB Diploma.

The MYP Certificate took the students one step closer to their goal. This is an important highlight because by the time the student has achieved this goal, each of them has learnt what his/her potential is and they know that they "can do it." Mr. Richard Sawyer was the staff speaker and offered words of support and encouragement.

Mr. Roger Marshman, Head of the Senior School, focused on the concept of responsibility in student leadership and how each of these young people can make a difference. He challenged them to broaden their "sense of community" and to be more widely connected. He suggested that they "think globally, act locally" citing the school's European Students' EcoForum and status as an EcoSchool green flag holder as examples of progress.

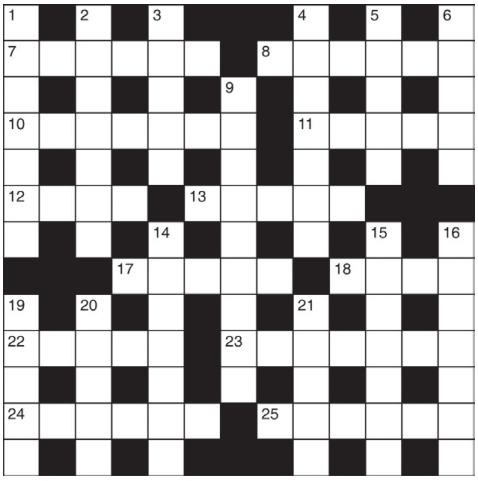
Student speakers were José Miguel Soares de Oliveira, Maria Dias, and Maria Teresa Silva.

Mrs. Maria do Rosário Empis, Principal, presented the MYP Certificates of Participation and each student beamed with pride as she shook his/her hand. Well done Year 11!

Mrs Empis presented to Mr Marshman the plaque awarded by the European Council of International Schools (ECIS) for an outstanding contribution to international education. Mr Marshman is retiring after 44 years of engagement in full time education. He will be supporting several international agencies in a consultative capacity.

Contributed

The Portugal News Crossword No. 152



ACROSS
7. Selection (6)
8. Attractively unusual (6)
10. Large church (7)
11. Prickle (5)
12. Pitcher (4)
13. Blacksmith's block (5)
17. Lukewarm (5)
18. Merit (4)
22. Live (5)
23. Greed (7)
24. Agreement (6)
25. Adversaries (6)

DOWN
1. Run about playfully (7)
2. Hunting dog (7)
3. Sharp (5)
4. Withstand (7)
5. Piece of turf (5)
6. Unit of weight (5)
9. Main (9)
14. Emotion (7)
15. Main city (7)
16. Of extreme forces (7)
19. Notions (5)
20. Large, sumptuous meal (5)
21. Unspoken (5)

QUICK CROSSWORD SOLUTIONS No. 150
Across: 1 Cabin; 4 Deduced; 8 Maximum; 9 Chess; 10 Alms; 11 Inferior; 13 Cool; 14 Mine; 16 Oblivion; 17 Scut; 20 Inner; 21 Succumb; 22 Tallest; 23 Mince.
Down: 1 Campanologist; 2 Buxom; 3 Name; 4 Demand; 5 Decrepit; 6 Crevice; 7 Discreditable; 12 Converge; 13 Colonel; 15 Cosset; 18 Churn; 19 Scum.

sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.
There's no maths involved. The grid has numbers, but nothing has to add up to anything else.
You solve the puzzle with reasoning and logic.
It's fun. It's challenging. It's addictive!
Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

1	9				4	2		
	2							3
		3	9		5			
8		4			6	5		
		9	5			1		4
			7		9	4		
3							2	
		7	2				3	1

Last weeks solution:

1	8	2	9	5	3	6	7	4
4	6	9	8	1	7	2	5	3
7	5	3	2	6	4	9	8	1
9	4	6	3	2	5	8	1	7
3	7	8	4	9	1	5	2	6
5	2	1	6	7	8	3	4	9
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8	9	4	1	3	2	7	6	5
2	3	7	5	4	6	1	9	8

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World Press Photo exhibition opens in Portimão

From left to right: Photo-journalist Spencer Platt with Portimão Mayor Manuel da Luz

Getty Images photo-journalist Spencer Platt was this year heralded as the author of the world's most captivating photograph, having captured a moment in post-war Lebanon that puts life into perspective.

The picture in question portrays a convertible car with four young passengers, seemingly of affluent backgrounds, riding through an area of Lebanon that was devastated by bombings.

It was taken during the first day of a cease-fire, when, according to Spencer Platt, "everyone came rushing out to see what damage had been done".

Previous to the cease-fire, that particular zone was a no-go area, off-limits to photographers and journalists.

Spencer was guest of honour at the exhibition's inauguration, along with Portimão Mayor Manuel da Luz, which took place last Friday evening on Portimão's riverfront.

"I always wanted to win a World Press award", he said, "for years I'd been submitting photographs to the committee. And this year, it was a surprise to find out one of my pictures had been chosen. But to go straight to the very top, it's just amazing".

Questioned on whether he believed a photograph could help solve world issues, he replied, "I am not an ambassador for peace, I am a photographer. I am a student of history. But I do believe photographs have their place, and they can help."

Mayor Manuel da Luz complimented the young photographer on his captivating image, which has had its fair share of criticism, namely concerning its authenticity.

It is strictly forbidden to alter in any way, shape or form photographs that are submitted to the World Press Committee, as well as setting up situations or asking subjects to pose.

But Spencer defends the photograph's genuineness.

"It happened in seconds", he recalls, "Out of the corner of my eye I just saw this shiny red car. In a war zone you don't see that many, so it kind of stood out. As they drove past me I don't think they even realised I was there, taking photographs, and in fact in most of the photographs a man had his arm stuck out in front of my camera. But when I looked at them afterwards I knew this one was special. It was spontaneous, real-life. Sometimes people want to believe what they are seeing is not real. But it is".

Every year the World Press Photo Exhibition travels the world, and debuts in Portugal, in Portimão.

Considering the exhibition one of Portimão's "main prides", the Mayor also revealed that next year it would be held in the almost complete 'Fábrica do Féu', which will be inaugurated in December this year.

After Portimão the World Press Photo exhibition will travel to Lisbon's Museu da Electricidade, on 17 August, where it will remain until September.

Sushi at the Sheraton

Last weekend one of the hottest new venues in the Algarve was unveiled to a vibrant group of invited-only guests. The Amo-te Pine Cliffs Sushi Club, situated within the beautiful Sheraton Pine Cliffs resort, is an exciting partnership between the Sheraton/Starwood Hotels group and Portuguese TV presenter Pedro Miguel Ramos' 'Amo-te' chain, and is one of the Algarve's must-visit venues of the year.

Set to take the resort to new heights, the venue's unique concept effortlessly brings together fashion and cool cuisine.

Stylishly designed with a contemporary architecture and stunning décor, blending natural materials and striking colours, Amo-te Pine Cliffs Sushi Club comprises an indoor restaurant and various open-air seating areas, beneath the resort's famed Pine trees.

The effect creates a modern, streamline feel, which complements current Japanese minimalist trends whilst adding fashionable, bold-coloured features.

Clientele can watch as talented chefs prepare and roll the delicacy in the open Sushi bar. Dressed in traditional Japanese attire, they work enthusiastically using authentic ingredients and equipment. Very entertaining.

On the night, Sheraton Pine Cliffs General Manager Flávio Bucciarelli was evidently excited about the venue's debut and turnout.

"It's fantastic", he said about the overall result "I think we have a unique product and it looks great. I am really excited about this, it has worked very well."

Open to the general public, the venue offers an alternative experience for those looking for something a little different. From now until the end of August the Amo-te Pine Cliffs Sushi Club will host nightly entertainment, though the restaurant and club will be open year-round, from 11h00 – 02h00.

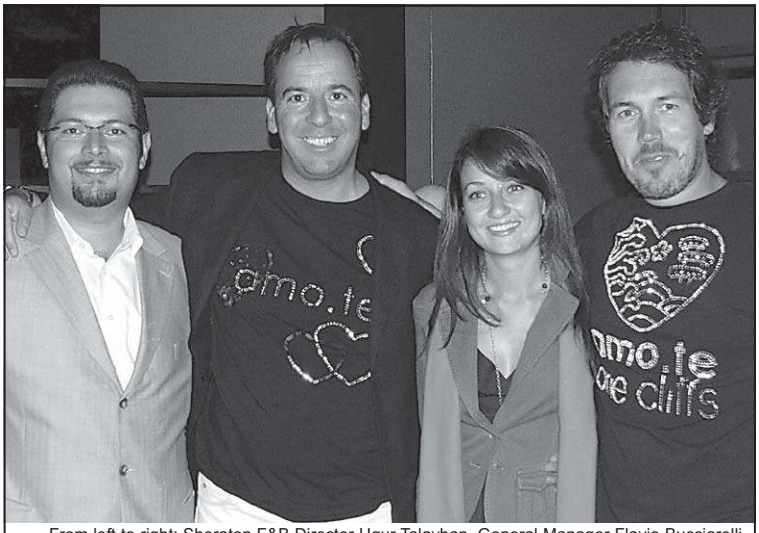
Guests at the launch included Albufeira Mayor Desidério Silva and his wife; Carlos Leal of United Investments Portugal (UIP), an IFA Hotels & Resorts consortium member and responsible for developing the 215-room luxury Sheraton Algarve Hotel and Pine Cliffs Vacation Club, Pedro Miguel Ramos, and his actress wife Fernando Serrano, who at four and a half months pregnant looked simply stunning.

Favoured by Portugal's Jet Set and a haunt for the beautiful, amo.te venues are places to see and be seen, following a concept of glamour and lifestyle.

Pedro Miguel Ramos told **The Portugal News** in May how the latest expansion of his Amo-Te group, the first in the Algarve, would offer "a seductive ambience in which to relax, complemented by fantastic Sushi, a chill-out area, and a service that is second to none", enhancing the Sheraton's renowned image of style and exclusivity.

And that was undoubtedly achieved.

As the night went on the crowds lingered, the sushi flowed, and the Sheraton bloomed with yet another excellent product.



From left to right: Sheraton F&B Director Ugur Talayhan, General Manager Flavio Bucciarelli, newest member of the team, Marketing and PR Manager Sarah Moreira, and 'Amo-Te's Pedro Miguel Ramos.

Lions Club raise money for EXISTIR

The Lions Clube of Loulé would like to thank everyone who contributed so generously to make a success of their 'Garden Party' held on June 24th at the Restaurant 'Jardim do Vale' in Vale Formoso, Almancil. Special thanks to Sr Virigilio and Srª Fátima for opening the beautiful grounds of their restaurant to the musicians of the São Lourenço International School and to 'DJ Mikey' – Mike Briston for playing his music. A total of €2,066 was raised and will be donated to EXISTIR, a Loulé based charity that supported less fortunate people.

The Lions next sale of good quality used clothes linen, bric-a-brac, books and shoes will be on Sunday, October 7th, from 9.30am to 12pm at the Almancil Community Centre.

For more information about the Lions Club and to participate in their events, both fundraising and social, please contact Lion Bruce Allen on 282 444 874 or fax 282 441 683.

Brazil wins Beach World Cup

For the tenth consecutive year the Brazilian team has won the beach-football world cup championships, held last week in Praia da Rocha, Portimão, after beating Portugal 5-2 in the finals.

It was the 12th year that the *'Mundialito'* (loosely translated as 'the mini World Cup') beach-football championship was held, the fourth time it was held in the Algarve.

The heat did not seem to affect the two teams, who put on a well-played game of tactic and effort, despite Brazil appearing to be the fresher, more energetic side.

All goals were scored in the second half of the game, and throughout Portugal was criticised for a number of mistakes that jeopardised their victory, as were the referees, accused of favouring Brazil.

Portuguese player Madjer was chosen as the tournament's best scorer.

Player José Miguel commented that the Portuguese side lost the title due to "small technical and physical details", stressing the fact that Portugal was subjected to "a greater physical challenge during the championship", whilst Brazil faced "easier opponents".

Overall results saw Brazil top the podium again, with Portugal in second place, and Japan in third after beating Switzerland 5-3.

Waterworks Park

All who attended agreed that it's so much more than a Bible camp. It promised to be a holiday week with a difference but everyone was unprepared for the huge success of the All Saints Children's Holiday Week –"Waterworks Park."

For five days last week children and adults alike revelled in the joy of riding the wave of God's love in an Adventure park full of teaching, drama, creative play, praise and worship and craft activities.

Each day the children learnt of God's love for them through five different Bible Stories, based around the theme of water, from both the Old Testament and the New. These stories were introduced each day at the Coconut Island Puppet Theatre where KoKo the Dolphin and Loop de Loo the Water Bird, held children and adults spellbound by their antics and their fresh approach to bible study. Each story was then developed in a number of different activities as the children rotated through Bible Bay, Raging River, The Souvenir Shop, Snow Mountain and Splash-tacular Praise and Worship. In addition to feeding the young people's minds, Snack Shack was on site to feed their bodies with snacks like Crossing the Red Sea Sandwiches and Life Preserver Donuts.

Over 45 children aged between four and 13 and 30 Adults attended the camp each day. The All Saints Adventurers (Sunday School) were joined by children from other English-speaking churches in the area, some travelling from as far away as Lagos and beyond, and also present were children who don't currently go to church.

"The response from the children and their parents to WaterWorks Park was wonderful. When we planned the holiday week our aim was to help the children to understand that God loves each and every one of them and just how exciting it is for them to know that" said Jo Blackman, Water Works Park Director.

The Minister of All Saints (and puppeteer extraordinaire) Father Eric Britt said "As a Missionary Church here in Portugal we know that churches live and grow through their young people's ministry, and a large and fundamental part of our outreach programme is exemplified by our regular Holiday Camps for children. This is our third year of Summer Mission and each year the number of children and adults wanting to help, double. One of the uplifting aspects of this year's Mission was the way that the children with no previous experience of scripture, embraced the word of God and the concept of God's powerful love"

For more information about The Adventurers weekly programme, and Holiday Missions please go to the All Saints Web Site: www.allsaintsalgarve.org

Children from Waterworks Park taking a break from their activities.

'Controlled' police explosion kills one, injures four

Four officers were injured, two seriously, and one killed as the result of a 'controlled' police explosion which aimed to incinerate more than 50 kilos of confiscated explosives.

Amongst the explosives were gunpowder, an assortment of explosive devices and various firework artefacts.

A team of five GNR officers were assigned to the task of destroying the explosives, in a designated and secure area of São Marcos de Tavira, and who were reportedly 'qualified and used to handling such devices and materials'.

One was killed and two others sustained serious injuries of over 70 per cent burns to the body. The other two officers are said to be in a stable condition and 'out of danger'.

All five were helicopter-lifted from the scene and taken to Faro hospital for a medical assessment, before the two more serious cases were forwarded to Lisbon's Santa Maria hospital.

The cause of the ill-fated procedure is as yet unknown and still being investigated.

Taxi union fights for security cameras in cabs

Following a violent attack carried out on a taxi driver in Albufeira last week, National Passenger Transporters Association ANTRAL has stressed the need for security cameras to be installed inside all taxis.

Last Thursday a 25-year-old driver was tied up inside his cab by three men, allegedly two Brazilians and one Portuguese, who threatened the driver with a gun, stole his cash, and then threw him in the sea off Praia da Galé.

He survived thanks to the vehicle's GPS system, which allowed the man to be located after he managed to activate an alarm button, alerting the centre about a situation of danger or emergency.

Américo Campos, Albufeira delegate for ANTRAL, said that in an area where some 90 taxis operate, the best solution would be to install video cameras inside vehicles.

It was the first time that a driver had to use the GPS alarm system since they were donated by the local city hall almost one year ago.

Arte Viva in São Brás

On the weekend of 14 and 15 July, 45 artists demonstrated their craft in the Algarve´s biggest fair of live art at the Museu do Trajo Algarvio in São Brás.

The festival included works by a large range of artists of different nationalities, exhibiting work in various media, from marble to wool, in styles ranging through medieval to modern. New and well established artists showed a range of their work in what is becoming a ´state of the art´tradition!

Among the highlights were Taren Flaten's glasswork and Werner Tanzer´s hand crafted jewellery as well as the photography of Karstie Stiege and Peter Schilde and the paintings of prisoners from Faro (as part of their rehabilitation), which all appeared together with the works of many other locally and regionally known artists. Live music in the event ranged from 20's hot dance from Oo-Boop-I-Do (making their fifth appearance at the Museum); hip hop and reggae from Bandoojah; a stunning display of Portuguese guitar-playing talent from Amar Guitarra and ending up with the customary ever-popular local Portuguese group, Veredas da Memória. Live entertainment featured for the second time the very lively fashion show by Jouk Harris and her troupe of "real woman" models; face painting by Mara, a young Portuguese from Fuseta; juggling (a huge success with adults and children alike); and an astonishing fire eating and fire juggling spectacular by FechÓpana, the famous theatre company from Vila Real de Santo António.

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Join the HOGS!

All Harley Davidson owners are eligible to join HOG – the Harley Owners Group – a worldwide organization with over 1,200,000 members, 200,000 of which are in Europe. (Photo: Carrie-Marie Bratley)

In 1983 Harley-Davidson established the Harley Owners Group, or HOGS, as they are now commonly known. Worldwide membership currently totals over one million members. Since 2003 the Algarve has had its very own 'Chapter', with a membership that currently stands at 50 Harley aficionados. It is open to all new members, male and female, from all walks of life – all you need is to own one of the word's most legendary bikes!

Founded by Harley devotee Mark Stephens, director of the Algarve Chapter, alongside the Algarve's regional Harley dealer, the 'Algarve Chapter' is made up of all ages and a wide range of nationalities, predominantly Portuguese, English, German and Dutch, although Canadian, French, Spanish, Belgian and Scandinavian members are ever-increasing.

All Harley Davidson owners are eligible to join HOG – the Harley Owners Group – a worldwide organization with over 1,200,000 members, 200,000 of which are in Europe.

The Algarve Chapter organizes rides, meets and other events, on average twice a month. These are usually full day or half-day outings of between 150 and 450 kms.

An impressive 30 members of the group recently rode to Fuengirola, on the Costa del Sol, for the 16th Annual HOG European Rally, making a round trip of 1,250 kms.

They joined up with friends from other Chapters whom they have got to know over the years; Chapters from other parts of Portugal, Spain, England, and Scotland, Norway and, this year, Brazil.

Harley Davidson dealers are encouraged to set up local 'chapters' and with eight dealers in Portugal, seven on the mainland (in Braga, Vila Nova de Gaia, Pombal, Sintra, Oporto, Setubal, and Olhão – Algarve) and one in Madeira (Funchal), there are always new friends to be made and an event, meeting or adventure to embark on - on two wheels, of course!

Joining fees are very reasonable and annual subscriptions of €36.00 make this club accessible to people from all walks of life.

Harley Owners Group is the owners association with most members worldwide. It strives to treat all members as part of the same family, with regular newsletters, meetings and forums, as well as seminars to teach local Chapter organizers how to run successful events and encourage local members to participate.

It may also surprise some to learn that within HOG there is a special place for female Harley owners, or wives and girlfriends, called 'Ladies of Harley', who have their own club privileges. Most local Chapters organize 'Ladies of Harley' events throughout the year to pay tribute and thank these ladies.

The HOG motto is 'Ride and have Fun', a theme and a spirit that is carried through all events.

Safety on the road and support for charity events are two other areas that HOG actively encourage.

Recently the Algarve Chapter participated in the 'Airsports Spectacular', held at the Lagos Airdrome, on Saturday, July 7th.

Hundreds of people paid a nominal fee to have a ride on the back on one of the exhilarating machines – many for the first time ever.

It was an endearing sight to see men, women and children of all ages and sizes cling to the weathered 'leathers', most of who, interestingly, are prominent business-people from a variety of backgrounds.

At the end of the day, all revenue reverted to two of the region's most deserving charities: the Lucinda dos Santos orphanage, and the Lagos *Bombeiros*.

Whatever myths and misconceptions may surround men (or women) in leathers and their powerful machines, one thing is true: any association based on the guidelines of family, equality, safety and fun, is one worth getting to know better.

So next time the HOGs are in town, why not join in with the fun. You may become a HOG yourself!

For more information, see website: www.harley-davidson.com.

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After living in California, where the pedal-powered 'Hobie' kayak was developed, Steven Newton and wife Lilia saw the potential they offered. Upon their return to Portugal they also brought an import licence for Hobie kayaks, and have since set up a recreation company that offers kayak tours on the Ria Formosa. They are uniqe in the country and exclusive to the region.

"The aim is just to have a fun day out, relax, and enjoy the best of what the Algarve has to offer", explained Steven.

Based in the Centro Naútico (nautical centre), located on Faro Island (10 minutes from Faro airport) the tours can range from a few hours, to full-on adventure weekends. The most popular tour departs from Faro and heads towards *Ilha Deserta*, an uninhabited natural sand formation just off the coast.

Alternatively, opt for an exclusive prolonged excursion of a minimum two-nights stay in beautiful cottages on the Alqueva dam, complete with staff on hand to prepare, such as barbeques and private parties, if requested, and kayaks at your disposal.

Consisting of sandy islands separated by natural inlets and channels that are ideal for exploration on kayaks, the Ria Formosa is a natural park that is, in essence, a permanently changing lagoon system approx 60 kilometres long.

It comprises an abundance of wildlife both in the air and the waters, and you will also see local people going about their daily tasks as they have done for hundreds of years.

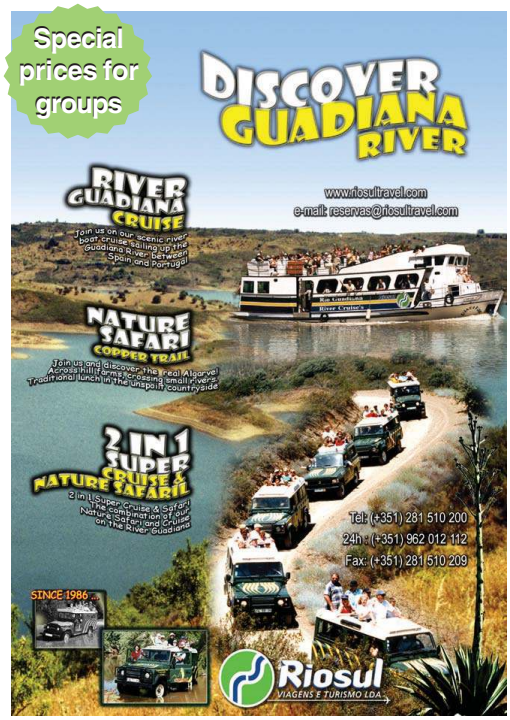
As well as the Ria's beautiful calm, clear waters and clean beach, the Centro Nautico also offers easy parking, a restaurant with good food at a good price, a grassed area for young children, and a easy-going relaxed atmosphere.

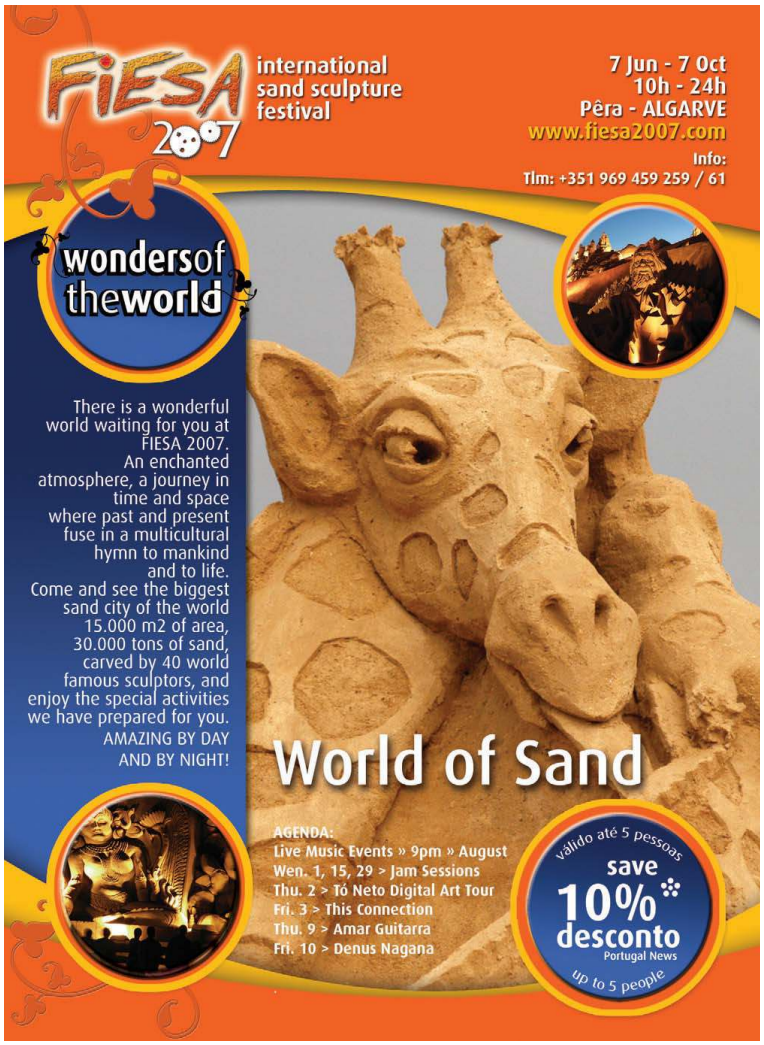
It is the perfect way to spend a day, whether you are on holiday, a long-time resident, or a frequent visitor.

The aim is to effortlessly enjoy the region's natural beauty, stress free.

Pop along on a Sunday morning and try out a Hobie Kayak, free of charge.

For more information or reservations, contact: PODER DO SOL: (Lilia or Steve), tel/Fax (+351) 289 703 26, mobile: 966 034 723, or e-mail: E-mail: hobiekayaks@sapo.pt.





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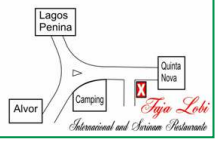

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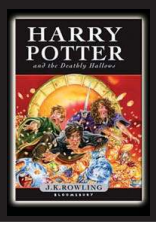

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SolarCar broke through to the worldwide golf trade with an utterly innovative project and exhibited their SolarCars fleet to a select group of guests on the 23rd June at Quinta de Cima. Considered one of Portugal's best courses, Quinta de Cima has had a SolarCars fleet since 2006 and expressed satisfaction with the investment and were proud that it underlined their environmental awareness.

SolarCars official Tournament launch

The event enjoyed the presence of a particularly special guest of honour, H.R.H. Dom Duarte Duke of Braganza, from the Portuguese Royal House, who has been supporting several environmental friendly initiatives. Other important guests included CEO's of the main golf courses on the Iberian Peninsula. SolarCars shined and merged in the superb landscape of Quinta de Cima, affording golfers greater game performance and comfort. It was a memorable day for golfers and non-golfers who could enjoy a boat tour along the Algarvean Coast, in the Boa Esperança Caravel, a genuine replica of the one used in the Oceans Discoveries centuries ago. Guests could have a light brunch on board and enjoy other activities, such as a golf clinic by Tony Bennett, a PGA Professional. The whole event has led to raised interest among investors and has brought several proposals of partnership in the USA, Spain and Chile.

Sun inspires and encourages the concept of new models

SolarCar demonstrated the potential of their project by unveiling a brand new prototype, a 4x4 solar powered vehicle, which is licensed to travel on public roads. The great news of this innovative product is that it assures SolarCar's solar powered vehicles up to 95% freedom. SolarCar can adapt any electrical vehicle to solar power energy, any brand or model. They have an experienced and qualified team determined to make the difference and believe that in 2008, with an investment of five million euros in an entire Photovoltaic panels assembling line, they will be producing the panels at a much lower price. Thus, they expect to have a worldwide unique product entirely produced in Portugal.

Guest of honour at the SolarCar's launch tournament, His Royal Highness Dom Duarte, the Duke of Braganza, showing off one of the solar powered buggies.

Portuguese branded SolarCars are the future

The interest from golf courses in this kind of product becomes bigger day by day and represents the most important investment sector for SolarCar enterprise. Golf is the tourist sector that generates millions in Portugal and all over the world, and therefore SolarCar is making an ambitious future investment. They are setting a solid trail, winning their place in the competitive and daring market of renewable energies, thanks to their determination and creativity to risk entirely new solutions and methods, while assuring top quality.

Republic of Ireland's Padraig Harrington kisses the claret jug on the 18th green after beating Sergio Garcia of Spain and winning The British Open Golf Championship Tournament on the final day at Carnoustie, Scotland, 22 July. (PHOTO: LUSA/EPA/Hugo Philpott)

Portuguese Chamber Annual Golf Day

The London based Portuguese Chamber of Commerce held its annual Algarve Golf Tournament and Dinner on 5th July at the Alto Golf Club in Alvor, Portimão.

Twenty-eight golfers had signed up for the Tournament on the championship course - the last designed by Sir Henry Cotton, a three times Open Champion, and resident in the Algarve for over 25 years.

Before teeing-off golfers were offered a light lunch sponsored by Francisco Brito, who operates the banqueting at the Alto Golf & Country Club.

Following the Tournament, members and guests attended a reception and dinner in the luxurious clubhouse. The Espumante Reception on the terrace with magnificent views over the course was sponsored by Atelier do Sul, long standing Chamber members with offices in Boliqueime, who are well known throughout the Algarve for their design consultancy. The dinner was sponsored by Alto Golf Club, with wines sponsored by the well known estate agency Richard Neubersch, specialists in luxury villas.

During the evening, the special golf prizes donated by CIN Paints, were presented by John Newgas, the Chief Executive of the Portuguese Chamber.

Prizes were awarded as follows: **1st Prize** – The CIN Trophy: Paulo Narciso (Paseco)

2nd Prize – Peter Fisher (Blacktower Financial Management) who also won Nearest the Pin

3rd Prize – Sergio Coelho (Paseco)

Ladies Prize – Kathryn Pope (Quinta da Boavista)

Longest Drive – Justin Ryan (Braganca Bruno) and Linda Kenny (Blacktower Financial Management)

Michael Horbowij of Gibro Consultores, and Gad Ron of Balaia Golf Villages.

Simon Perks, Deputy General Manager at Banco Santander Totta in London, and Chamber Algarve Director, welcomed the guests and gave an outline of coming events. He announced that the next event would be a dinner on November 8th in central Algarve.

For further information contact Marina Raimundo, Portuguese Chamber, m.raimundo@portuguese-chamber.org.uk, Tel. +44 (0) 207 201 6638.

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letters to the editor

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Should marriage be encouraged?

SIR, We applaud David Cameron's statement that the causes of social and family breakdown need to be addressed, also his unequivocal support for the institute of marriage, without being judgmental about couples who choose not to formalise their union. He was speaking in support of the Breakthrough Britain report headed by Iain Duncan Smith.

Mr Cameron said he made no apology for speaking up for marriage, quoting figures showing that half of all unmarried couples separate by their child's fifth birthday compared with one in twelve married couples.

Melanie Phillips agrees that Iain Duncan Smith has correctly identified the issue of the fractured family as being the 'foundation of our social problems', and goes on to state 'It is family fragmentation which is fuelling crime, drug and alcohol abuse, educational failure, worklessness, mental and physical ill-health and teenage pregnancy. And at the core of this issue lies the progressive and systematic undermining of marriage.'

The way in which two parent families are discriminated against in the present tax system is held by many to be a disincentive to marriage, hence David Cameron's pledge to tear up the present tax and benefits system and replace it with one which encourages marriage. He says, 'we need a big cultural change in favour of fatherhood, in favour of parenting, in favour of marriage.'

We say Amen to that.

TONY AND LOIS HERRINGTON. By e-mail.

This may not happen again!

SIR, I agree with James Ross (Letters 14th July)!! Well, only a little bit, and no, there is no man in a white coat standing by as I write this!

From a purely secular view, why shouldn't Christians be able to "preach the Gospel" if they wish? James has already admitted that nobody listens, so what's the harm? It surprises, nay, amuses me that those who have not one religious chromosome in their entire bodies get uptight when Christians raise their heads above the parapet. They forget that if it were not for Christianity we wouldn't get many holidays!

And call me old-fashioned, but sodomites (let's call a spade a spade - 'gay', as used in James' letter is a perversion of the old meaning of the word) should not have free access to children in schools" or anywhere else.

He also echoes the fears of the silent non-Muslim British majority with his remark about Islam; even a cursory skim through the Koran will confirm the origin of what has happened in London and Glasgow. Read 'The End of Faith' by Sam Harris for further info!

But here James and I part company. Of course we can't have absolute certainty in ethics or religion; his comparison of these with money is a non-sequitur. Religion and ethics are based on intangibles; to base religious arguments on reason and historic fact deservedly exposes them to ridicule, hence the need for myth and superstition to keep them going. And a study of religion, unprejudiced by denominational dogma, reveals that it is self-refuting. By way of example, James, you were wrong way back; Jesus *doesn't* claim to be God. (Read John 14:28!)

MICHAEL BAUGH, by email

Here we go again.

SIR, To the dismay of those who wrote to you many times requesting an end to the seemingly endless discussion that took up much of the Letters page for months, the god debate is up and running again! The main protagonists are back, refreshed and raring to go! Well, whether readers like it or not, it *has* given us the first full page of correspondence for a long time.

I'm with the anonymous writer (7th July) who believes that religion has no place in schools. Sure, children should be made aware of the major religions of the world but not subjected to the deliberate brainwashing of their young minds before they are old enough to think for themselves.

Members of particular religions overlook the lottery of where and to whom they were born. Does it ever cross their minds that some of them might have become equally dedicated followers of Allah, (Now there's a scary thought!) or Buddha, or even an unknown god worshipped by some as yet undiscovered tribe in the depths of the South American rain forest? One that demands group sex and the occasional human sacrifice to keep him/her/it in a benevolent mood, perhaps?

As to why Christmas came to be celebrated on December 25, "It remains uncertain, (says my Encyclopaedia Britannica) but most probably the reason is that early Christians wished the date to coincide with the pagan Roman festival marking the 'birthday of the unconquered sun' (natalis solis invicti); this festival celebrated the winter solstice, when the days again begin to lengthen and the sun begins to climb higher in the sky".

I'll now sit back, watch the fun and take no further part in this discussion.

RON LAVERY, by email

Horses and Carts

SIR, In asserting that institutions ban Christian crosses and rings because they are JEWELLERY (his capitals), Mr Glen Hague (Letters 7 July) puts the cart before the horse. Rather, the school and the airline wanted to suppress these items and therefore chose to define them as jewellery. Otherwise why permit Hindu bangles and Islamic lockets and headscarves? "Jewellery" is banned because it's Christian. (The argument about the alleged religious imposition of the above items on the pious wearer is a red herring, given the lack of relevant consensus among the various religious spokesmen.) So the rules are being drafted so as to discriminate against Christians. Why?

Because the ruling dogma of "Diversity" dictates that all faiths and cultures are to be regarded as equal and that difference is good in itself. However, this coexists with a secular outlook hostile to organized religion and its traditional pieties, and a preference for untrammelled individualism.

"Diversity" declares Islam (and other exogenous belief systems) to be good. But Christianity is stigmatized as the "dominant" culture, which, being indigenous, is insufficiently "diverse". Thus Christianity and its values are condemned and delegitimised, whilst other cultures and religions have their dogmas (and their dress sense) "embraced" and "celebrated".

Based on the same mind-set, anti-gay tracts are stamped "hate literature", whilst extolling homosexuality in schools is "combating prejudice". But hate literature, and hate speech, (like their cousin Islamophobia) are only labels. Like norms defining "jewellery", they are attached to attitudes officially cursed (a current example of which is asserting the right to criticize certain unnameable non-Christian authoritarian belief systems). Only sixty years ago atheists and gays kept their voices down. Now the situation is the exact opposite. Whilst the intolerance level is identical, the values championed or execrated are very different (except in the case of Islam's open hostility to homosexuality, but we'll let that pass, as Mr Hague is happy to do). Because he shares the reigning values, the prejudices underpinning the airline rules and the school dress code – and their contradictions - are invisible to him. As the philosopher N E Simmonds notes, "the best way of enforcing a particular view of things is to simply take it for granted".

ALAN WEBB, by email

Carbonic acid gas

SIR, The heading is another name for carbon dioxide which we, or many of us at least, believe to be a factor in climate change which is said to be a bad thing. To combat this we hear voices raised in favour of ethanol as a substitute for petrol and this is feasible. Ethanol is the giggle factor in beers, wines and spirits and is obtained from sugars by the action of yeasts. Most of us call it alcohol which, as normally consumed, is a mildly poisonous intoxicant. Rectified (i.e. 100%) spirit is an odourless, colourless liquid obtained from the products of brewing by distillation.

However, the use of ethanol will not help in combating climate change as the products of combustion are carbon dioxide and water and, as anyone who has attempted home brewing will know, the production process itself generates copious quantities of carbon dioxide.

The conclusion I draw from this is that there is an impending fuel crisis: this was predicted some years ago by a friend of mine who then worked for British Petroleum: and we are being brainwashed into having our motors powered with alcohol. Industry is largely indifferent to environmental concerns.

ALAN THOMAS, Paço de Arcos

Celebrate what?

SIR, Last week John Nuttall wrote a lovely ode to nature in which he described starry nights, glistening dew drops and roses in bloom. He spoke of how all of nature's critters fulfill their purpose and of the complexity of life's cycles. I have absolutely no problem with all of this. It is only at the end of his paen that Nuttall steps out of the world of nature loving poet into the world of cosmologist and says, "The cosmic rhythm is that nothing is ever destroyed-only recycled-redesigned-reborn. Celebrate it!".

I can't tell if Mr. Nuttall is talking about the Law of the Conservation of Matter and Energy or if he is foisting some kind of pantheistic new age mumbo-jumbo on us. His failure to mention the God who made all of this bothers me. He wasn't specific?

Actually, the Second Law of Thermodynamics and the Law of Entopy do tell us that the cycle of the universe will eventually wind down to a frozen halt. If nature is going to wind down, we can conclude it was once wound up a finite amount of time ago (if an infinite time ago, it would have already become static). In other words, this finite universe wasn't always here. All of nature owes its existence to a "super"-natural cause. The Bible tells us that the wonderful design of nature should lead us to the Designer. We should celebrate Him.

If I have been unfair to Mr. Nuttall, perhaps he can explain his letter.

Thank you,

JAMES ROSS, by email

Migration

SIR, Tanka (yearly migration)
Iberian village
The old till the soil
The young have gone to France
Doing menial tasks
Take Holiday here in August
Being rude, in French, to everyone

JOH, by email

Erratum

SIR, In the July 21 edition of Portugal News you printed my letter "Christian and proud of it". Unfortunately this contains a serious typographic error. What I said was: "up until about 30 (thirty) years ago, the British Isles had a Christian culture. " you wrongly changed this to "300 years ago". Of course, Britain was a Christian country then too, but I am talking about more recent changes.

Re Westheimer article July 21

SIR, Knowing that Ms Westheimer has lived in Portugal for several years, I am surprised that she does not seem to know that an almost identical parade - including the flyover of jets in formation - takes place here every year on June 10, the Portuguese National Holiday. This year we watched the celebrations in Setúbal and, like Paris, there were tanks, armoured vehicles, all the Portuguese regiments and armed forces including soldiers in full combat dress. Again, similar to Paris, the entire parade was accompanied by cheering and waving crowds.

Whether such demonstrations of military strength are good or bad, I don't wish to comment. But to be fair to the French and Portuguese, it does seem to me that other countries, like Britain and the USA, don't go on parade, they just go straight to war with no questions asked, leaving death and destruction in their wake, and consequences that we all have to live with.

CAROLE G. BERANEK, Cascais

More letters on page 58

Portuguese for Beginners 98

Emília Rosendo

THIS LESSON: The verb structure "*estar a*" or the Simple Present

① Select from the list the verb to be used with "*estar + a*". Follow the example below.

bronzear-se	dançar	fazer
trabalhar	nadar	comer
almoçar	beber	✓ver

✓*Eles estão no teatro. Eles estão a ver uma peça.*

1. O Mário e os amigos estão na discoteca. Eles _____ animadamente.
2. Eu e os meus colegas de trabalho estamos no restaurante. Nós _____ .
3. Tu estás no supermercado. Tu _____ as compras do mês.
4. Eu estou na piscina municipal. Eu _____ .
5. A Margarida está no cinema com as amigas. Elas _____ um filme.
6. Você está na esplanada. Você _____ um refresco.
7. A Paula e os irmãos estão na pastelaria. Eles _____ bolos.
8. O Rui está na praia. Ele _____ .
9. Vocês estão no escritório. Vocês _____ .

② Put in the "*Presente Simples do Indicativo*" (*Simple Present*) or "*estar + a + infinitive*" of the verbs in brackets.

1. O Henrique e o Rui _____ (**gostar**) de jogar xadrez e, quase todas as noites, _____ (**jogar**) uma partida. Agora _____ (**ser**) 10 horas da noite e eles _____ (**jogar**) na sala.
2. A Marta _____ (**ler**) um romance policial muito interessante. Ela _____ (**ler**) cerca de três livros por mês.
3. O bebé da Maria _____ (**ser**) muito simpático: quase sempre ele _____ (**rir**) .
4. O Sérgio _____ (**estar**) no jardim. Ele _____ (**regar**) as plantas.

Please send your completed exercises, with your name and address, to me: Emília Rosendo at **THE NEWS** and I will send them back corrected
THE NEWS - Rua Município de S. Domingos, Urb. Lagoa-Sol, Lote 3 - r/c, 8400 - 415 Lagoa . Apartado 13. 8401-901 Lagoa
Tel 282 341100 . Fax: 282 341201

Body Talk - for a supple, silky skin

Summer is well and truly here, and what better time to start taking care of your body! The sun's out, you feel wonderful but how does your skin look and feel? Dry, scaly, flaky, dehydrated… don't panic there are loads of things you can do and with summer here there really is no better time to start.

Summer and your skin: The sun is your skin's worst enemy. It will dry and dehydrate your skin, cause pigmentation and contribute to the breakdown of collagen.

First things first: Apply your sunscreen in the morning and reapply regularly if you are spending long periods in the sun. There are some fantastic products available to give you the maximum protection from the sun's damaging rays. Dermalogica's 'Multivitamin Body Block' is an intensely nourishing sunscreen and body moisturiser that treats areas prone to ageing as it is packed full of vitamins that will protect against UV-induced free radical damage. It will also help the skin recover from previous damage while smoothing and relieving dryness.

Do It Yourself:

It's very difficult to get into a homecare routine. The key thing is to start with a simple plan that's easy to stick to and that takes minutes to complete. Once you get used to a simple plan, you'll enjoy doing it and you will start to see the benefits. At this point you can start to introduce additional products to complete your body care routine.

1. Put the soap down!

It is vital that you don't use soap on your skin. This will sound bizarre as you'll have been using soap on your body for years, but let me explain. Your skin has a ph of 4.5 to 5.5, which is slightly acidic. Soaps are slightly alkaline and because of this will dry out your skin significantly. Even if a soap claims to be ph balanced this will mean it is ph 7 (neutral) not balanced to your skin. If you can't shower without soap there is only one option and that's 'Johnsons 5.5'. However, shower gel or body wash is the simple answer. Try 'Radox Relax Shower Gel' with a blend of lavender and waterlily to help relax your mind or for something more refreshing what about 'Elemis Sharp Shower' to give you a real refreshing wake up call with Peppermint and Thyme. For an all round cleansing and refreshing shower experience go for 'Dermalogica Conditioning Body Wash'. Purifying essential oils and natural extracts cleanse the body without over-drying, it will condition the skin, de-stress the mind and soothe the senses.

2. Get rid of those dead skin cells!

Exfoliation is the next step. Exfoliating your skin will remove all the dulling dead skin cells from the surface, it will also deeply cleanse and remove the build up of dirt and bacteria from your pores. A great way to start an exfoliating routine is with the 'Dermalogica Ultimate Buffing Cloth', there's no need for an exfoliating product. Just dispense a small amount of your shower gel on to the cloth and get scrubbing. It's gentle enough to use every day if you want but it's extremely effective and will leave your skin feeling super smooth and deeply cleansed. If you use an exfoliating scrub try to exfoliate 2 – 3 times per week. When buying an exfoliating scrub for the body look for a natural based scrub like 'Dermalogica Exfoliating Body Scrub' that contains Pulverized Fig, Date and Olive seed powders or 'Elemis Devils Mint Body Scrub' that contains skin-friendly, exfoliating sea plant particles. This part of your body care routine will take 2 minutes, massage the exfoliant onto damp skin when in the shower and then rinse.

3. Nourish your skin!

The next step is to moisturise. This process has many benefits, the movements used to massage in a moisturiser will stimulate the circulation, which will bring vital nutrients to the skin more efficiently thus nourishing and conditioning your skin from the inside out. Different moisturisers do different things. You may need a hydrating body cream or an ultra rich cream if your skin is feeling particularly dry. To apply your moisturiser, use large sweeping strokes, starting from the feet upwards, always working towards the heart.

If you were to stick to the routine above you will see a vast improvement in the texture and tone of your skin in as little as a week. You can go one step further and really indulge yourself at home with some of the idea's listed below.

It's bath time: Having a nice warm bath is a wonderful way to relax, destress and nourish your skin. When choosing your bath product, firstly decide what you want it to do! If you want it to destress try 'Radox Muscle Soak Herbal Bath' or a sprinkling of 'Dermalogica Mineral Salts' both of which contain Clary Sage, renowned for its soothing effect on aching muscles. To completely indulge and relax use a few drops of lavender to ease mind and body. Using an oil will also benefit the skin as they penetrate deeper into the skin. If you want a detoxifying experience in the bath why not try 'Decleor Bain Non Moussant'

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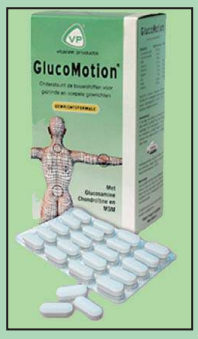

GlucoMotion Now in a Pharmacy Near you

which combines remineralising and stimulant properties with the draining benefits of essential oils. If you want to create a spa experience at home, these products are certainly what you need, but ensure that you're not going to be interrupted and really create a spa atmosphere by using candles and by listening to calming music or just your favourite CD.

Body Brush: Dry body brushing is a great way to exfoliate the skin, stimulate the circulation and lymphatic system. The lymph system gets rid of all the toxins in your body and this will therefore detoxify and (as an extra bonus), can be successful in reducing the appearance of cellulite.

Salon and Spa Treatments

For the ultimate in body treatment luxury, head to your skin centre, beauty salon or spa. Prices vary starting from 25 euros for a basic body exfoliation up to 120 euros for a full body wrap treatment. Having a body treatment is a great way to get you interested in starting a homecare routine for your body. Also your therapist will be able to recommend specific products that would be suitable for you to use and may also personally prescribe a homecare routine completely suited to you and your lifestyle.

Wrap it up: Different body wraps have different effects just like all body products. They can relax, nourish, tone and detoxify. At this time of year a Hydrating Body Wrap may be just what your skin needs. A hydrating body wrap will usually consist of a hydrating gel being applied to the entire body. The therapist will then wrap you in plastic sheets and blankets. The main benefit of the wrapping is to heat you up so that your pores open and absorb the product much more effectively. Depending on the type of treatment you may well be treated to a scalp massage while the body wrap is on. The wrap will usually be left on for 15 – 20 minutes by which point most of the hydrating gel will have been absorbed. Once the excess gel has been removed, the treatment will be completed with a full body moisturise, to nourish your skin. A treatment like this should not only leave your skin feeling divine but it will also be deeply relaxing, you will be guaranteed to leave the salon or spa feeling wonderfully pampered. After a body wrap treatment it is essential that you drink plenty of water and relax as much as possible. Try and have a treatment like this later on in a evening when you will be able to go home afterwards and completely relax and take it easy, ensuring that you will feel the complete benefits of the treatment.

In terms of salon and spa treatments the list is endless, from exfoliations and wraps to purifying back treatments, the choice is yours!

Maintaining your modesty: When you have a body treatment in a spa or salon you will be asked to wear paper pants, these are by no means flattering but don't worry, a good therapist should be trained well enough to maintain your modesty. Your therapist will usually ask if you want the bust included in the body treatment, some people feel uncomfortable with this so the therapist should always ask first.

Finally… Enjoy your body treatments, whether it's five minutes in a morning or an hour's body wrap every week, give yourself time to enjoy your treatments. Always choose products that you like the smell of and this goes for body treatments in spas as well. Your sense of smell is very powerful and if you don't like the smell of something you will not relax. Please remember that everyone's skin is different and before starting an intensive body care routine you may want to consult your skin therapist, just to make sure that what you're doing is right for your skin, especially if you have sensitive skin or any form of skin complaint or problem. *Suzie Bell, Senses Skin Care Centre – 282 762 261 / 913 275 869.*

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High noon in Ecuador

The closest I've ever got to horse riding is watching John Wayne in True Grit, and a quick donkey ride around Blackpool beach. To describe me as a beginner would be an understatement. But with a father who loved cowboy films, I studied the Sunday afternoon genre from Rawhide to A Fist Full Of Dollars and the idea of galloping through fields complete with obligatory cowboy hat was too good an opportunity to miss.

South America is steeped in horse-riding history from the Gauchos of Argentina to the Chagras of Ecuador. I duly flew into the Ecuadorian capital of Quito in the north of the country determined to mosey out the other side as an accomplished horseman.

My cowboy ambitions to one side, I had no idea how to ride and was lucky enough to be put swiftly through a crash course on horse handling.

Horseback provides a unique vantage point from which to explore the sights of Ecuador. (PHOTO: Press Association)

I learned all the basics on how to persuade my four-legged transport to move in the direction and speed I wanted, even though it often felt more like my steering was purely coincidental to where I went.

We drove out of Quito, deep into the picturesque heart of the Zuleta Valley, near Otavalo in the Imbarabura province - the beautiful rolling hills and patchwork fields were a relief from the hustle and bustle of the capital.

Complete with Stetson and knee-length half-chaps, I was introduced to my horse Ranchero, my new best friend and transport for the next two days.

He was a four-year-old mahogany brown horse with white socks who just loved to race. No matter if we were trekking up a steep-sided mountain or weaving between trees in an eucalypt forest, Ranchero wanted to do it all as fast as he possibly could.

Our base was a stunning colonial hacienda called La Merced Baja tucked away on the slope of the lush valley. The 500-hectare family-run farm has dozens of horses for all levels of rider and even a private bullring where bulls can be tested before fights.

I was keen to spend as much time riding as possible. So after a brief tour of the ranch, we saddled up and hit the trail.

Setting off at around 12.30pm at the height of the midday sun with two Ecuadorian guides leading the way and our English translator and riding expert Shirley at the rear, our route took us on a 15 kilometre round trip of the area, along dusty dirt roads and across wide verdant fields.

We climbed high up the Cayambe Mountain getting a breath-taking view out over the valley and keeping our eyes peeled for the Andean condors which inhabit the area. Sadly, they remained elusive during our five-hour trip.

We arrived back at the hacienda at around 6pm, tired but thrilled with the countryside and a successful day's riding.

The farm itself offers guests a wonderfully warm and friendly slice of Ecuadorian hospitality. With only seven double rooms, the ranch offers a very personal and exclusive touch, and after an exquisite home cooked meal and a tiring day in the saddle, guests can relax and retire to their rooms for some much-needed rest.

Most of the rooms have their own fireplaces - the scorching heat of the mountain days are contrasted with the brisk nights. I had spotted them on my arrival and was delighted to find that mine had been lit while I was at dinner. And just when I thought it couldn't get any better, I hopped into bed to find a hotwater bottle gently warming the sheets. Not very rough-and-ready cowboy style, but the comfort was very gratefully received.

Our second day was a much more gruelling eight-hour tour of the region. We loaded up our trusty steeds at around 9am and headed off along a stone road in the direction of Otavalo. After a short distance we began to climb and follow the twists of an old sandy trail, our route taking us close to a series of Incan and pre-Incan ruins. We rode up a steep incline winding our way along the gorges and field contours before crossing the Pessillo plains.

The group climbed several hundred feet before stopping for lunch outside a lonely farm shack in the imposing shadow the the snow-topped Cayambe Volcano.

It is hard to imagine a more spectacular picnic venue. We laid out our lunch and gave the horses a well-earned rest, before stretching out on the grass and admiring the view.

It's all well and good to take a slow meander through the countryside but what I really wanted was some Pony Express-style speed. So on the way back we decided to try and put our horse skills to the test with a little galloping.

Ranchero was delighted when we opened up the throttle and began to tear across the plains. I was delighted too, but the only trouble with letting a horse go fast is getting it to stop.

The sign to get your animal moving is a quick kick with both heels. This also is confusingly close to what happens if you try and hold on to the horse with your legs while bouncing around in the saddle, clinging on for dear life.

With every bounce, Ranchero kept thinking I was daring him to speed up and go faster.

Eventually I remembered to keep my heels from his sides and he remembered he was carrying a guy who was counting his time in the saddle in hours rather than years.

The minor issue of stopping to one side, horse racing is enormous fun and I found it much easier to move with the rhythm of Ranchero's steps when he was galloping rather than trotting.

Everyone had warned me of the inevitable aches and pains that a holiday horse riding would include. A steady stream of cartoon figures grimacing in agony as they sat in steaming buckets of ice played through my mind.

I was prepared to walk in a creaking John Wayne bow-legged waddle for the days of my trip and decided to just get through it and do as much riding as possible. In the words of the legendary Mr Wayne, "Courage is being scared to death but saddling up anyway." Awesome.

The reality was much less dramatic. Apart from a few very minor twinges in my thighs and the loss of most of my inside leg hair due to extreme chaffing, I was otherwise unharmed.

I can't be sure I qualify as the comprehensively trained cowboy that I had hoped, but if I ever find myself in Blackpool again, I'll take that donkey on the gallop of its life.

Travel Facts

- Charlie Hamilton travelled with Journey Latin America (JLA), a leading operator to Latin America, which offers riding tours in Ecuador for novice and experienced riders alike.
- A four-day package, including riding lessons, crash-course introduction to Spanish, guided riding around beautiful Machachi Valley south of Quito, three nights' accommodation in converted country inns/ haciendas, and transfers from Quito starts at £536 / €796 per person (two sharing). International flights extra.
- Journey Latin America reservations: 020 8747 8315 and www.journeylatinamerica.co.uk
- JLA's eight-day Ecuador stays start at £1,877 / €2,788 (twin share) including full board, transfers, excursions and international flights. Tour includes Indian markets of the highlands, (Otavalo, north of Quito and Saquisili to south), the Avenue of the Volcanoes, Cotopaxi with various rides through forests, mountain passes, Inca trails and wide-open meadows.
- Further images of Ecuador are available from Journey Latin America, contact Jenny Geal by email: jenny.geal@journeylatinamerica.co.uk, or on 020 8622 8418.

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Open for more than eighteen years, the restaurant is a favourite for both locals and foreign residents, many coming from afar to savour the culinary delights and splendid scenery that A Florestal has to offer. In winter the rustic farmhouse creates a cosy environment courtesy of a large open log fire, but really comes into its own at this time of year. The beautiful front terrace is awash with vivid Mediterranean flora, the rolling hills in the distance resembling a green carpet that flows out to the horizon.

For real meat lovers, be sure not to miss the freshly prepared beef burritos or chicken fajitas.

Sample the wide variety of unusual home-made sweets - the perfect end to your meal.

The cosmopolitan menu is just as impressive. With light lunches, filling meals and Sunday brunches, it is as varied as it is International, with signature dishes from Mexico, the USA and Portugal.

Try the home-made tortilla chips with freshly chopped tomato salsa; a very tasty way to start the meal. Alternatively opt for a warm bread cake with some of the Chef's home-made pâté, the famous crème of pumpkin or French onion soup, or poached shrimp with a Thai dipping sauce.

If looking for a light lunch, the home-made wraps with a diversity of tantalising fillings are a great choice. Choose from vegetable stir-fry with cashew nuts, shrimp and chicken stir-fry, or a large selection of other fillings, all wrapped and presented on a bed of lettuce. For real meat lov-

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Indian Restaurant
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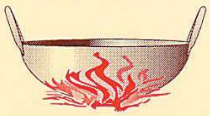

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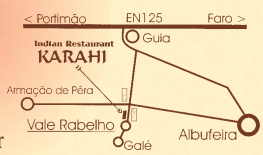

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Wonderful home-made wraps with a diversity of tantalising fillings.

ers, be sure not to miss the freshly made hamburgers, thick and juicy and a favourite with regulars, as well as beef burritos or chicken fajitas.

Another favourite that clients come purposely for is A Florestal's boneless, succulent Piri Piri chicken.

Other main dishes include sweet and sour prawns, grilled rack of lamb, chicken breast with mango sauce, tuna steak, or breast of ducking with 'Gradia' plum sauce.

Sunday Brunches feature traditional UK and USA favourites, such as freshly baked English muffins, eggs Benedict, eggs Florentine, or steak and egg brunches.

The dessert menu is just as interesting, with a wide variety of unusual home-made sweets being the perfect end to your meal. Be sure not to miss the famous mousse cake, a treat for both the eyes and the taste buds.

A Florestal is run by John Hadden, and partner Karen, and business partner Sharlene Hadden. John is also A Florestal's resident chef, who established the restaurant after moving to Portugal from the States, where he lived for a number of years. The emphasis on quality deserves special acknowledgment, as well as the diversity that the different menus have to offer.

For more information or to make reservations, call A Florestal on: (+351) 282 687 204. Open Tuesday – Saturday, 12h00 – 14h30 and 19h00 – 22h00. Special Sunday Brunch is served from 12h00 – 15h00.

Pousadas de Algarve can be found in Tavira, St. Clara A. Velha, S. Brás de Alportel and Sagres.

They are currently holding Algarve Pousadas Summer Night, offering thematic music accompanied by food. Pousada Convento da Graça in Tavira: Arabic Nights – Gastronomy, Music and Dance held on Thursdays: 2, 16, 30 August and 13 Sep. Pousada de São Brás de Alportel in São Brás: Barbecue Algarve Night with music "Rancho Folclórico" held every Friday from 20 July to 14 Sept. Pousada do Infante in Sagres: Thematic Buffets "Descobrimentos" every Saturday from 21 July to 15 Sept. Call to reserve your table for the best in Algarve cuisine and receive a 10% discount!

Mister Grilo Restaurant is a tricky place to find in Porches, but well worth the discovery. Not only well known to local residents, but also travellers from afar. The bar/waiting area is comfortable, often with an exhibition of local artists on display, and the Bistro dining room is painted with warm paint -washed walls with miniature palm trees and mosaic-tiled table-tops creating a lazy, sunny feeling as you sample the quite extensive menu. There are lovely sea and country views from the terrace, where you can try their delicious chicken 'cabidela' or octopus rice with coriander. A children's menu is available and there is live music on Thursdays.

Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

Restaurante O Monte is located at Quinta Velha Cabanas in Cabanas de Tavira and your hosts Louis and Debbie welcome you to their old, farmhouse-style eatery. Their international team of chefs offer a mixed cuisine of traditional roasts, creole and eastern dishes at very good value. The interior of the spacious restaurant is decorated in pink and lilac presenting a chic yet cosy atmosphere. There is a large terrace surrounded by beautiful gardens, where you can relax and enjoy your meal, served by their smart and helpful staff, who speak French and Portuguese as well as English. Children have their own menu and you are advised to reserve your table rather than be disappointed.

The **Karahi Indian Restaurant** is tucked away in the small village of Vale Rabelho near Galé, which can be found by following the signs off the EN 125 at Guia. Your host Carlos Simão will be delighted to make the journey well worth while. Specializing in Tandoori, Karahi and Balti dishes they also offer to adapt a recipe to suit your individual requirements and have a wine list which includes not only a selection of Portugal's finest wines, but also from many other countries around the world. Dishes can even be home delivered. The restaurant is smart, airy and comfortable, with a small bar. Outside there is a terrace on which you can enjoy your meal during the warmer evenings and reservations are recommended.

The **Blue Wave Beach Bar** can be found at Cabanas Velhas Beach (between Burgau and Boca do Rio). Serving tasty sandwiches, various salads, fresh fish, house specialities, fish cataplana, chicken piri-piri and more! Combine your visit to the beach with a leisurely lunch and refreshing drink.

Shanghai Chinese Restaurant offers excellent quality, and only fresh produce in all its delicious dishes from Shanghai. These regional dishes are not found in other Chinese restaurants. Your hosts Wen and Ying, along with their friendly staff give a fast and efficient service, which includes take-away. They will even prepare your favourite special Chinese dish! Just give them time to make it. However, you might like to try their Sizzling Prawns with ginger and onion or maybe Canton Spicy Duck, or how about their sweet Thailand Fried Rice. They are easy to find, on the Almancil road going to Vale do Lobo - look out for the fishpond in the front.

Dolce Vita Restaurant Pizzeria is located in the centre of Lagos opposite the Cultural Centre, between two streets - with two different entrances! The decor inside is black and white, which gives a fresh clean look. Your host, António suggests you book a table so as not to miss his Stuffed Salmon with Seafood or Leg of Lamb served with a Red Wine and Rosemary Sauce, as well as traditional Italian dishes such as pizzas and pastas, and a variety of salads. The bar offers a wide selection of wines. All this at excellent value and staff who are friendly, smart and helpful! The atmosphere is relaxed and in summer you can enjoy eating outside on their rustic terrace amongst the shrubs and flowers, or at the front of the restaurant on the pavement watching the world go by.

Restaurant guide

ALMANCIL

Bistro des Z'Artes
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Pasta dishes
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Largo 25 de Abril, Nº 1, Pêra
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LAGOS/LUZ

A Taberna
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Quinta da Encosta Velha, next to Budens off the EN125
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A Florestal Restaurante
Cosmopolitan menu
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Sun. Special Brunch 12-3pm
Barão de S. João, Nr. Luz
Tel: 282 687 204

Dolce Vita
Pizzeria and International Menu
Open: 12.00 - 15.00 & 18.00 - 22.30
Rua Soeiro da Costa & Rua Lançarote de Freitas, Lagos
Tel: 282 768 466

O Beiral
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Closed: Mondays
Rua Dr.Guerreiro Tello, Barão de São João, Luz
Tel: 282 688 004 / 912 299 672

O Mandarin
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Caliças, Albadeira, Lagos
Tel: 282 762 401 / 282 760 424

Maharaja Tandoori
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No Patio
International Restaurant
Open: Thurs-Sat. 18.30 - 21.30. Sun. 13.00-15.30
Rua Lançarote de Freitas, 46, Lagos
Tel: 282 763 777

Blue Wave
Beach bar
Open: 10:00 - 23.00
Cabanas Velhas between Burgau and Boca do Rio
Tel: 282 697 834

GALÉ

Karahi Indian Restaurant
Indian Specialities - Tandoori , Karahi & Balti
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Closed Thursdays
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TAVIRA

Pousadas de Portugal
Algarve Cuisine
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Restaurante O Monte
International Cuisine
Open: Tues-Sun from 7pm and for Sunday Lunch
Cabanas de Tavira
Tel: 964 432 465

S. BRAS DE ALPORTEL

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SOS Sky Digital is a highly successful, family-run company that prides itself on providing the highest quality products complemented by unbeatable customer service. Their range of satellite systems caters for all needs and budgets, putting you within the push of a button of your favorite UK programs.

Solidly established and covering the whole Algarve, SOS Sky Digital, established and run by Chris Whitman and wife Liz, is one of the region's leading satellite companies.

The Whitmans have been happily settled in the Algarve, in Burgau, with their daughter Harley, for over six years and know first hand how important an efficient and reliable service is.

Striving to be prompt, on time, never leaving until everything is clean and tidy and the customer is satisfied, the company offers full quality systems with prices starting from just €499.

However, should you prefer something a little more sophisticated, a supreme quality system with unbeatable viewing and highest standard definition is also available for €699.

Sky plus is also becoming increasingly popular and can be arranged for you without needing an English address. All quotes and prices are fully comprehensive; include equipment, installation and transportation, with no hidden extras. What you hear is what you pay.

Due to a number of changes SKY has made over the past year, some more popular signals may have occasionally weakened. As a result, many people have encountered problems in their viewing, particularly in the evening and at night. As always, SOS Sky Digital has the solution. The company has found that a 1.4 aluminum prime focus dish offers the advantage of better signal quality and strength, which means no losing programs at night. Furthermore, being a solid dish and stand, its quality is second to none and has a much longer lifespan, meaning that the extra €150 for the superior standard system is a good investment.

SOS Sky Digital can also be called upon for parts, official skyboxes, repairs, realignments, and sky packages. Always available for advice, their commitment to customer service, quality products and worry-free installations means excellent value for money and guarantees client satisfaction.

For more information, contact SOS Sky Digital on: (+351) 916 378 722, email: sosskydigital@msn.com, or see website: www.sosskydigital. com.

Chris Whitman

A Systematik solution for all IT troubles

'Systematiks' was established in November last year by English ex-pat Gareth Bromley to offer a fresh solution to all IT troubles. A small, young company, the company's personalised touch has proved highly popular, and it is in growing demand.

Gareth has always loved computers, ever since his dad bought his first one when Gareth was just 16. Whatever your computer's problem may be – a simple error message or a complex virus – when things look bleak, Systematiks can sort them out! The fact that computers nearly always have logical solutions to all malfunctions is just one reason why Gareth enjoys his job; knowing that any challenge can be solved (with a little expert know-how).

Before moving to Portugal, Cheshire-born Gareth enjoyed a successful six-year career working as a computer engineer in the UK, lending his expertise to prominent companies including the National Health Service.

Thanks to the company's small dimensions they are capable of offering a fast response time, normally within the next 24 hours. This can include home visits and phone support, as well as Internet-based support, and covers the whole of the Algarve.

As well as fixing computer 'hiccups', Systematiks also sell computer hardware, printer cartridges, and individual parts. They will install and ensure all units are working correctly, whether that is a complete computer or a small component.

An increasingly popular installation for ex-pats is broadband Internet, as it has many advantages for those staying abroad for whatever period of time to keep in touch with friends and family in the UK. It offers a quicker and simpler connection, has a fixed cost, is easy to install and is easy to use. Equally popular is wireless connection, allowing you to use your laptop anywhere in the house or around the garden or pool.

Another bonus is Systematiks network of partners across the Algarve and in the UK. This allows Gareth to interconnect websites and links so you can reach your e-mails, work contacts or office matters, anywhere, anytime of day, wherever they may be based. Take your work with you!

Graphics, website design and web hosting can also be catered for. For small business, Systematics offer an attractive support contract that, for a small monthly fee, comprises unlimited phone support and reduced fee on-site call outs.Systematiks can also take care of company servers and Portuguese-registered domain names. All of Systematiks' services are in fluent English, are cost effective and offer very competitive prices.

For more information, contact Systematiks on: (+351) 282 768 224, e-mail: support@systematiks.com, or see website: www.systematiks.com.

Third time lucky...

Regarding the article on Algarve Tree Services, first published in edition 915 (July 7th, 2007) and whose mobile number was amended in edition 916, we would like to rectify once and for all that the correct mobile phone number is: (+351) 917 479 921. We apologise (again!) for any inconvenience this may have caused.

Algarve Luxury Villas, pure perfection

Algarve Luxury Villas is a recently-established, five-star villa rental company that specialises in one simple thing: offering pure, undiluted luxury in the Carvoeiro area. Only the best is good enough. If you believe your property is special, in a class of its own, and would like to maximise your rental income by promoting your villa to an elite market, then this is the company to call.

Algarve Luxury Villas represents the epitome of perfection, reflecting the standard of its product. Each property signed to the books must be impeccable, of undoubted distinction, both inside and out.

Villas must comprise quality extras that elevate a superior property to one of unrivalled elitism; like underfloor heating, a heated swimming pool, sauna, Jacuzzi, etc. Furnishings and fittings must be of the highest quality and excellent taste.

To maintain utmost exclusivity, the number of properties the company will take on is limited, and each one must undergo a personal inspection carried out by the company directors, inside and out. Only the crème de la crème of the Carvoeiro area will be considered.

Founded by Lesley Turnbull and her husband Michael, this restriction has proved to entail a number of advantages.

Not only does it allow the company to be fully hands-on and within close proximity to all properties, should their presence or intervention be required, it also allows Algarve Luxury Villas to keep a well-trained eye on their properties, to ensure they are always up to standard. Before taking on villas, the couple will carry out pedantic inspections, making sure everything is 100 per cent compliant to their discerning expectations. No candle wax on furniture or cigarette stains on carpets or curtains will be tolerated.

The couple have first-hand experience in what villa management entails, having experienced both sides of the situation.

"We know that there is an elite market that is happy to pay luxury prices, but that is what they expect to get in return; luxury", Lesley explains, adding, "I think most of us know what it feels like to see something in a brochure and then be disappointed when in real life you don't get what you saw in the photographs".

Lesley Turnbull and daughter Abby

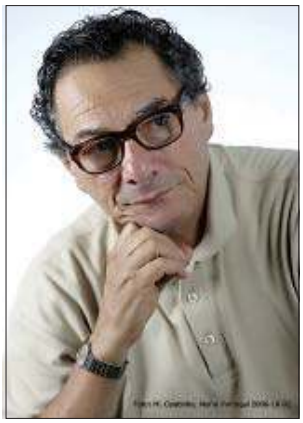
Residents on the Isle of Man, the semi-retired couple and their two children spend nearly half of their time in Carvoeiro, where they have holidayed for the past 20 years. For the past year the Turnbulls, who have significant past experience in commercial property rental and run successful businesses in the UK, have been fine-tuning Algarve Luxury Villas by testing the waters. It has already proved a highly sought-after service, and now the couple are ready to start selecting properties. These properties will be featured on Algarve Luxury Villas' website, which is advertised in a handpicked selection of prominent UK newspapers and publications.

"We are very passionate about this venture and believe in it 110 per cent", says Lesley.

For more information, contact Algarve Luxury Villas on: (+351) 282 356 592 or (+44) 1624 647 117.

Interview with Dr Ronald Charles Wolf

Dr. Ronald Charles Wolf and his family have been in Portugal since the early 1970's. They made their home in the historic city of Mafra, where Dr. Wolf, a highly experienced and vastly qualified lawyer, accumulated decades of law experience in Lisbon. He now offers law and loan counselling, as well as mortgage advice.



Nowadays, due to a new major highway, Mafra is only 25 minutes from Lisbon. Home to the 18th Century Palace Convent of D. João V, it is also home to Dr. Ronald Wolf and his wife Maggie. On the outside of a small brownstone house in the heart of Mafra, is a sign that reads: 'Ronald Charles Wolf, Banif-Banco Internacional de Funchal, S.A.'

So what exactly does Dr. Wolf do? Is he a lawyer or a mortgage broker for the Portuguese bank Banif?

He explains: "Now I counsel people or companies who want loans but with a lawyer's vision."

The walls of his office are adorned with many diplomas from American universities, accreditations from American courts, even one that reads 'Master of Philosophy' from Manchester University, UK, obtained in 2001.

He came to Portugal as a lawyer from NY before the Portuguese revolution of 1974 "with two small children, an old car, dilapidated luggage and a useless law book on American taxation."

"How many people in Portugal in 1970 needed advice on American tax law?" he quizzes whimsically.

So what led Dr. Wolf to make the decision to move from the USA to Portugal?

"We were young", he explains, "We left America in search of another life. I was going to join a Madrid law firm but it was summer, hot, the partners went to Andaluzia and told me to relax for two months. We came to Lisbon, and never returned to Madrid".

He continues, "Then the Portuguese Revolution of 1974 erupted. Many of the prominent lawyers went to Brazil or Switzerland. I wanted to leave. But Maggie believed in Portugal. People remember if you stay. I had a thriving law practice, not because of my intellect but because of Maggie's courage."

So when did he decide to go into the mortgage broker business?

"My clients decided for me. After years of law practise in Lisbon, today, I help clients from all walks of life, individuals and companies, seeking loans for their residential or commercial objectives. I bring to this work my decades of law experience. It is an advantage to the clients who receive my orientation and as Banif pays me and not the clients, it works out very well. Banks need depositors. But they also need borrowers. The borrowers use the money of depositors and pay for it. Therefore, banks, all banks, need to make loans. What they want are good loans. For this they pay to their promoters a reasonable compensation to present them with quality loan applications."

And the law practice?

"I am still counsel, but now to other lawyers. In the States we call it 'of counsel', the grey hairs that listen and advise, but the younger lawyers do the pleadings. And then there is an ironic twist to my professional life. People with family law problems prefer older lawyers. So there you are, I am obliged to mix finance with family. But then, isn't that what life is about? What family survives without funds and who needs funds if you have no family?"

Contact Dr. Ronald Wolf on: (+351) 933 170 313, fax: +351 261 819 544, e-mail: ronaldmarilyn@mail.tele pac.pt, or see website: www.mortgageloans4portugal-investments2.com.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal* News • 28 Jul 2007

PROPERTY OF THE WEEK

Rustic Chic in São Brás

Located on the outskirts of the traditional town of São Brás, just a few minutes' drive from the centre and all amenities, is this grand, four-bedroom country manor. Positioned on a privileged plot of 10.000 square metres that overlooks the beautiful Serra do Caldeirão countryside, it is to be sold fully furnished and equipped.

Inside, the villa is excellently styled with a elegant 'rustic-chic' feel, comprising superior quality fixtures and fittings. It has a unique layout, the main living-area being divided over a series of split-levels, all rooms being capaciously sized.

Through automatic gates an oversized paved drive sprawls around the villa, easily providing parking space for at least half a dozen large vehicles. A triple garage located beneath the kitchen offers extra parking.

Up a few steps we come to the main double entrance, which opens straight into the open-plan living area. Fronted with a series of patio doors and floor-to-ceiling windows that look out onto the vast pool patio, the spacious area is divided over three spilt-levels, being, from left to right, a games room, a lounge, and a dining area.

Whilst the lounge is centred around a traditional, rustic wood-burning fire, the games room is home to a snooker table. Positioned at either side of the lounge, the games room and dining area are slightly elevated.

Past the living area and down to the right of the villa is the kitchen – a beautiful room with an authentic country feel, fully equipped with modern appliances and rustic-looking units. Very spacious and light it comprises an eating area with a solid wood table and bench seating for 16 people, an outdoor patio area, and to the back of the kitchen there is a staircase that goes directly to the garage and laundry area.

At the opposite end of the villa are the four bedrooms, and additional living space, and a guest WC, all left from the main entrance.

The master bedroom, off from the games room, boasts a free-standing corner-salamander and a huge en-suite bathroom/dressing area. There are two separate walk-in closets, whilst the en-suite is made up of a hydromassage bath-tub and shower cubicle, twin basins, a heated towel rack and a sauna cabin.

Two double-size bedrooms (one en-suite, one with a separate bathroom) and a single bedroom again with a separate bathroom make up the remaining sleeping areas. All have fitted wardrobes and windows.

An additional bonus is found in the form of a second living area.

Completely encased by floor-to-ceiling windows it is incredibly light and warm, like an oversized conservatory. It is divided into a TV viewing area, an office, and a second games area. The room is also perfect for entertaining.

Outside the gardens are well kept and low-maintenance.

The pool patio comprises a covered al-fresco seating/dining area, an outdoor fireplace, and a separate barbeque station, all positioned around a stunning heated infinity pool. All the way around the wide, elevated patio are additional seating areas from where you can enjoy superb birdseye views of the countryside.

Throughout the villa there is central heating, double glazing, and a full alarm system, blending country charm, excellent finishings, and modern equipment to offer a fabulous lifestyle. This property is priced at 895,000,00 euros. For more information contact: (+351) 281 381 956, or e-mail: info@manor-park.com

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Stunning villa in one of the Algarve's most sought after locations

Three en suite bedrooms, plus stunning master bedroom with sea views, private terrace, Jacuzzi, high tech shower. New kitchen dining room, lounge with panoramic views, massive lower ground floor with wine cellar, bar, kitchen and private terrace. Suitable for TV/Cinema room, billiards etc. The party and entertaining floor without equal anywhere. Three floors, all served by lift, complete wheelchair accessibility throughout. The property has under-floor heating and air conditioning, comprising 500 square metres of living space, very private landscaped gardens of half an acre, swimming pool, totally fenced with electric gates and impressive entry drive. Situated just outside Almancil, near to the golf courses of Vale do Lobo, Quinta do Lago and Vilamoura. ---------- € 975,000 Euros

For further details and an appointment to view Call Nevin 919 555 916

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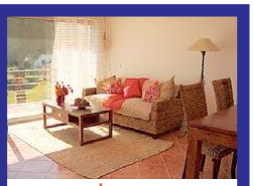
Lagos
Villa V4. New. Constr. area: 280m² – land area: 270m². Quality. 3 suites, 1 w/massage bathtub & other w/ Jacuzzi. Sauna room. Wooden floor. Fitted kitchen. A/c. Pré-installation central vacuum cleaner & central heating. Terrace w/barbecue. Inner lift to top terrace w/Spa & panoramic view and same inner lift to heated sw.pool.
Ref: 0176 Price: € 775.000

Armação de Pêra
Apartment T2. Area: 70,3m². New. 2 bedroom apartments in private condominium w/ kitchenette, large balcony w/ barbecue. Equipped w/ TV circuit in all rooms & it´s prepared to have A.C. Panoramic terrace on top of building that offers an amazing view to the ocean. Parking space. Swimming pool & mini-golf court.
Ref: 0173-2 Price: € 137.500

Lagos
Apartment T2. Area: 84m². New. Private condominium. Private Complex. Swimming pool and mini-golf. Equipped Kitchenette. The living room, has a large balcony with barbecue. Parking space, reception and 24 hours security.
Ref: 168-3 Price: € 210.000

Lagos
Apartamento T2. Area: 90m², New. Condominium. 1 Bedroom apartment. Well equipped Kitchen, Hidro massage tube. 2 Communal Pools, Large garden; tennis Court, Sauna and Jacuzzi, Small Gym. Luxury Condominium. Outstanding Place. River View.
Ref: 81 – 3 Price: € 299.000



Lagoa
Villa V2. Area: 155,40m². New. Condo of 11. 2 bedroom, w/ garage, large balconies. Full fitted & equipped kitchen. A/c, wood burner, double glass windows, security balted entrance doors, wooden floor. Closed condominium, w/ garden & sw. pool. Located close to the sea, overlooking Vilavita.
Ref.: 167-6 Price: € 325.343

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Alvor/Amoreira
One bedroom apartment, plus another small room (that fits another bed) fully furnished and equipped, also with swimming pool, 900 m from the beach. Sea view.
Apt/1294 Price: € 98.000

Praia da Rocha
An excellent one bedroom apartment in prime location, on the main street. Furnished, with sea view.
Apt/1438 Price: € 115.000

Prainha/Alvor
Top-floor two bedroom which is fully furnished and equipped. Air conditioned and underground parking area. Situated in a private complex with lots of facilities, such as indoor and outdoor pools, tennis, restaurants and a private access to the beach.
Apt/1415 Price: € 280.000

Alvor center
Three bedroom villa (only 6 months old), located near the beach, semi-detatched with a nice garden area, and carport. Luxury finishings. On the top there is a terrace with a lovely sea view.
Viv/379 Price: € 540.000

Alvor - Má Partilha
New three bedroom apartment over looking the pool. Excellent sized rooms. Swimming pool and gardens. Gararge for two cars.
Apt/1378 Price: € 182.500

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Near Vilamoura - Boliqueime
Various spacious T2 & T4 Townhouses under construction, completion 2nd half 2007. Nicely landscaped condo w/ pools, high quality finishing's, incl. fully fitted & equipped kitchen. Very good value for money!
Ref: FVB Prices from € 294.000

Vila Sol - Vilamoura
Recently built & fully furnished T2 Apartment, 2 bathrooms, large lounge, fully equipped kittchen, sth/west facing terrace, A/C, Alarm, CCTV, Elevator, Storage room, 118 m2, several Pools, Bar, Restaurant, Golf, Spa, must be seen.
Ref: MAC Price: € 340.000

WANTED

Good quality properties

If you are the owner of a good quality property and wish to sell,

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Almancil
Lovely T3 townhouse on small condo overlooking Almancil with only 6 units w/ communal pool, equipped kitchen, lounge w/ huge terrace, 3 bathrooms, roof terrace, stunning coastal views, A/C, garage, storage, 200m2. Sold fully furnished!
Ref: QNN Price: € 375.000

Near Vale do Lobo/ Almancil
Luxurious 5 bedroom villa w/ heated pool on 1.150m2 landscaped plot, large living/dining room, 5 en suite bathrooms, cloakroom, alarm, CCTV, central heating, A/C, garage, automatic gates. Top location.
Ref: NWT Price: € 1.065.000

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Prices from : € 130.000,00
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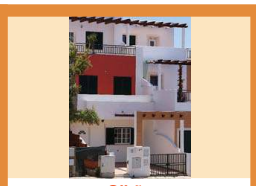

Olhão
3 bedroom townhouse with private carport, front and backyard, BBQ and terrace. Great location ! Excellent price !!!
Preço: € 170.000,00
Ref.: MG-VIV-0084
Call: 917 787 582

Fuzeta
3 bedroom village house, with storage and terrace…Close to all amenities, walking distance to the beach… Great price !!! Great opportunity !!
Price: € 200.000,00
Ref.: MG-VIV-0087
Call:917 787 582

Fuzeta
Unique opportunity! Apartment building including one 1 bedroom apartment, one 2 bedroom apartment and a store on a commercial area!! Great rental potential!!
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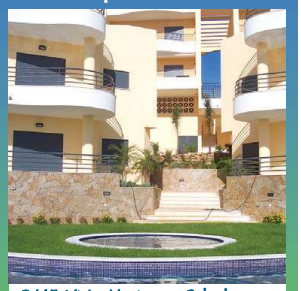

0465 Vista Marina – 2 bedroom, 1 bathroom, 1 car-garage, pool, seaview. € 230.000.00 new

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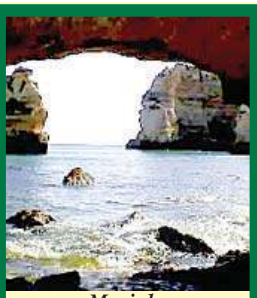

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VILAMOURA
Refª A71861
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Price: € 295.000

VILAMOURA.
Refª A71862
Beautiful 1 bedroom apartment, w/ 2 balconies, in quiet area between Pinhal & Old Course. Enclosed condominium w/ reception, large green areas & sw. pool. 80 sqm constr. area. Furnished & equipped. A/c. BBQ area in balcony. Private parking for 1 car & 1 storage. Excellent letting potential.
Price: € 210.000

VILA SOL
Refª V71850
Quality 3 bedroom apartment in private complex within 5-star golf resort. Just mins walk to Vila Sol Club House & new Spa facilities. Furnished & equipped. A/c in bedrooms & living room. Large balcony facing immaculate grounds & communal sw. pool. 5 mins to Vilamoura Marina & beach.
Price: € 445.000

VILAMOURA
Refª V71844
1 bedroom apartment located on a very quiet area, within walking distance to Marina/Falésia beach, approx. 10/15 mins walk. Communal sw. pool. 75 sqm constr. area. Furnished & equipped. Top finishes. Pre installed for surround sound sys & A/c. Underground parking space.
Price: € 210.000

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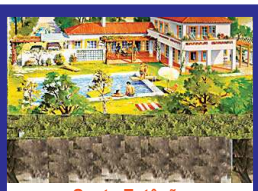


Santo Estêvão
Land with 1000 m2 in closed Condominium with approved project for 2 storey villa with swimming pool. Up market area.

Price: € 90.000

Oeiras
5 bedroom villa in excellent condition, 915 m2 total area and 500 m2 covered area.

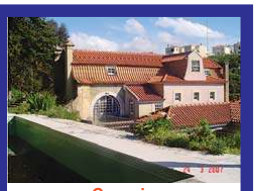
Price: € 600.000

Belas
Quinta with manor house, with total area of 6400 m2. Main villa V10 type.

Price: € 1.150.000

Sintra / Colares
1 storey traditional house, w/ covered area of 350 m2, servant quarters, various annexes, garage, + small house. Garden with various types of flowers and fruit trees, well with pump, land with 3000 m2 of pine trees totally enclosed. Quiet area.

Price: € 600.000



Cascais
Old Quinta in excellent area, composed of main house with swimming pool, servant quarters, annexes, well, river inside property, having 30 hectares completely enclosed.

Price: € 750.000

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Vilamoura
One bedroom apartment composed of bathroom, lounge and dining area, kitchen and 2 terraces. Furnished and equipped. Communal swimming pool and garden area. Construction area - 37 sq.m.

Ref: A1192 Price: € 99.000

Vilamoura
Situated near all facilities, one bedroom apartment composed of bathroom, lounge, kitchen, storage and terrace. Furnished and equipped. Communal swimming pool and garden area. Construction area - 74 sq.m.

Ref: A1188 Price: € 140.000

Vale Navio
Villa situated in a quiet location composed of 4 bedrooms, 3 bathrooms, lounge w/ fireplace, kitchen and laundry room. 3 terraces, double garage, roof terrace and swimming pool. Furnished and equipped. Plot area - 1.000 sq.m.

Ref: V12500 Price: € 580.000

S. Faustino
With beautiful sea view, 4 bedroom villa composed of 4 bathrooms, lounge w/ fireplace, dining room, kitchen, laundry room and various terraces. Double garage, swimming pool and garden. Plot area - 1.500 sq.m.

Ref: V12504 Price: € 900.000

S. Brás de Alportel
Plot of land situated in the historical centre of the city, with a project to be approved for the constructions of a luxurious hotel. Plot area - 6.100 sq.m. Construction area - 4.100 sq.m.

Ref: L44822 Price: € 1.000.000

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Price: € 1.150,000 / £ 793,000

Vilamoura
Beautiful 3 Bedroom / 2 Bathroom detached villa with magnificent golf views. The villa has a private swimming pool in landscaped gardens and is situated in a peaceful location within walking distance of the "Old Village" and its amenities.
Price: € 690,000 / £ 475,000

Olhos de Água
2 Bedroom apartments under construction due for completion spring 2008 located in beach resort Olhos de Água, only 15 mins drive to Vilamoura's exclusive Golf courses. These beautiful apartments, some w/ panoramic seaviews are only a few mins walk down to beach & restaurants.
Prices from: €250,000 / £172,000
(Based on Ex Rate 1.45)

Vilamoura
4/5 Bedroom detached villa with landscaped gardens, private BBQ courtyard, sun terrace and swimming pool. Located in a quiet residential area, this villa offers the perfect holiday home or permanent residence.
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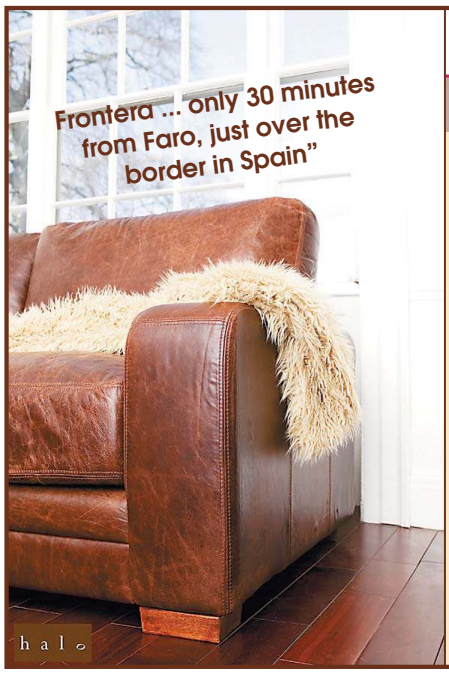

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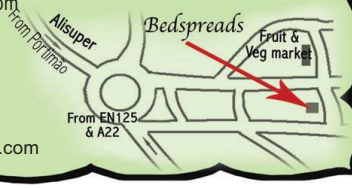

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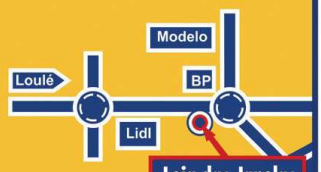

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Price: €106,000

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Vilamoura fine beaches. Large terraces and garden area with adults and heated children's pool. This exclusive development provides secure environment in a family-friendly setting.
Price: €289,000

Vilamoura: 3 bedr. 3 bathr. detached villa with 270m² on 900m² plot in quiet area near Pinhal do Golf Course, 15 min. walk to Vilamoura Marina. Large pool & BBQ in garden. Living room with f/place, and air-con. Great location.
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Quarteira: 2 bedr. spacious apart-ment with sea view, 50 mtrs away from Quarteira beach. 10m² Veranda, with enjoyable views. Furnished & equipped. ready-to-move-in, air-con., easy parking, near all amenities, great letting potential. **Price: €145,000**

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ALBUFEIRA - Ref.: H851

Detached 3 bedroom villa, 2 bedrooms en suite, 3 bathrooms, office, living and dining room with fireplace, fully fitted kitchen, pantry, large garage, terraces and garden. Magnificent country and sea views. **€550,000.**

CARVOEIRO - Ref.: H790

3 bedroom villa, 4 bath-rooms, living room with fire-place, pool and BBQ. Central heating, alarm system, pre-installation of air conditioning and vacuum cleaner system. **€395,000.**

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Gardening Briefs

BEST OF THE BUNCH - Astilbe

With their wispy plumes of tiny, starry flowers, these hardy perennials are an elegant, textural addition to any garden. Flowerheads, in a range of colours from red and pink to cream and white, are produced in summer and if left to fade turn to russet brown, extending the period of interest to autumn and winter. They like moist soil enriched with well rotted organic matter and should not be allowed to dry out in summer.

Plants should be divided in late winter or early spring every three to four years to keep them healthy.

GOOD ENOUGH TO EAT - Peas

Discover how much better fresh peas can taste than the frozen varieties,

Peas need non acid soil on an open site which hasn't grown peas for at least two seasons and you should dig the soil in autumn or early winter adding some compost.

Protect the crop from birds with twiggy branches or plastic netting and hoe regularly to keep the weeds under control. You will need support for the stems and the crop will need watering during dry weather.

A pod is ready for picking when it is well filled but there's still a little air space between each pea. Good wrinkled varieties include Alderman, Hurst Green Shaft and Kelvedon Wonder.

THREE WAYS TO... stop crops bolting

1. Keep soil moisture levels constant, as dry soil can encourage bolting, particularly with cauliflower, rocket and spinach.
2. Delay sowing cold-sensitive plants such as turnips, Swiss chard and endive until temperatures are more stable.
3. Choose bolt-resistant plants such as 'Boltardy' beetroot. Cultivars are particularly useful for early sowings of annuals such as spinach and for biennials such as onions and carrots.

WHAT TO DO THIS WEEK

- Sprinkle fertiliser around perennials and shrubs and hoe it into the soil.
- Thin out shoots of passifloras and bougainvilleas if they look tatty.
- Shorten long shoots on wisteria, cutting them back to around 30cm.
- Plant madonna lilies in good soil and a sunny spot.
- Thin vegetable seedlings to prevent overcrowding.
- Apply a liquid feed to your lawn when it is watered to give it a boost.
- Dig up and replant strawberry beds that are more than three years old.
- Pot up rooted cuttings in the greenhouse.
- Train in young and extending shoots of climbing and rambling roses.

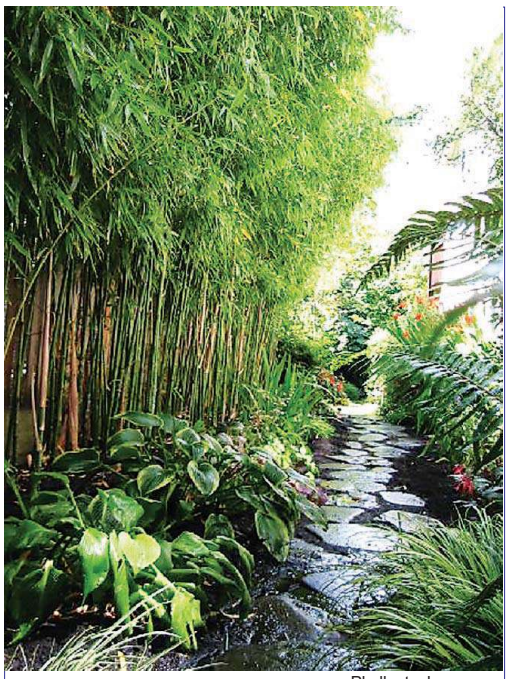
WHAT'S IN STORE

by John & Madge Measures

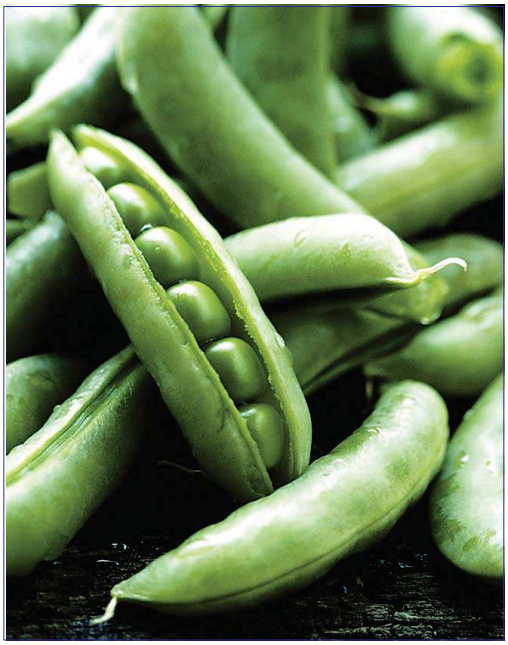
Phyllostachys aurea, known in Portugal as *Bambu aurea* is often called the Fishpole or Golden Bamboo and it was commonly used here in Portugal for fishing rods. In the past they were carried on motor bikes the 'rod' carried with a piece of red cloth indicating its length of anything up to 10 metres long! *Phyllostachys nigra* that reaches a height of up to 5 metres is known here as *Bambu nigra* or the Black Bamboo with both of these bamboos becoming extremely popular as feature plants in gardens, especially as they add height to a border (and they are also useful for staking plants). Their leaves are long and thin and give a graceful backdrop in the garden, but do keep them in check by dividing the rhizomes in the spring as they can easily spread. They thrive well in full sun in a soil mixture that is rich in humus. Both these species will tolerate frost.

Myrtus communis 'tarentina' is a subspecies of the Common Myrtle that is more rounded and compact reaching a maximum height and width of 1.5 metres whereas the species *communis* is more likely to be up to 3 metres high and wide. The flowers that have a pinkish tinge are followed by white berries and are borne in late summer and autumn, and are up to 2 centimetres across. Native to our Mediterranean climate they need a well drained, moderately fertile soil mixture and to be grown in full sun. They will withstand temperatures as low as –5ºC.

Solanum jasminoides 'Azul' is also known as the Potato Vine and is related to the potato and aubergine and like those plants must be treated with care as the foliage can cause digestive problems if eaten! It is a plant that 'scrambles' or climbs with support and needs to be grown in a good soil mixture that is well drained and in full sun. It does benefit from the application of liquid fertiliser on a monthly basis during the active growing season. Flowers, as the name suggests are blue, but with a white tinge and are borne during the late spring, summer and autumn. It can become rather 'leggy' and therefore needs to be pruned into shape after flowering. A native of Brazil it does need to be given protection in the winter months if the temperature is likely to drop below freezing.



Phyllostachys aurea



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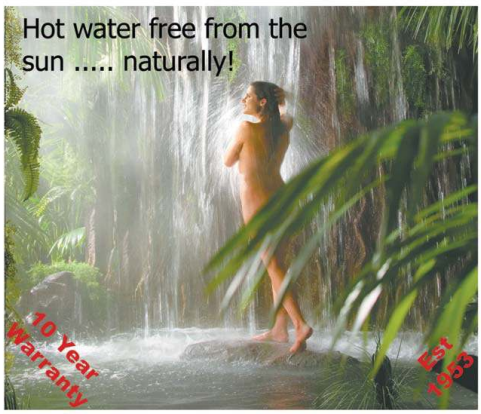

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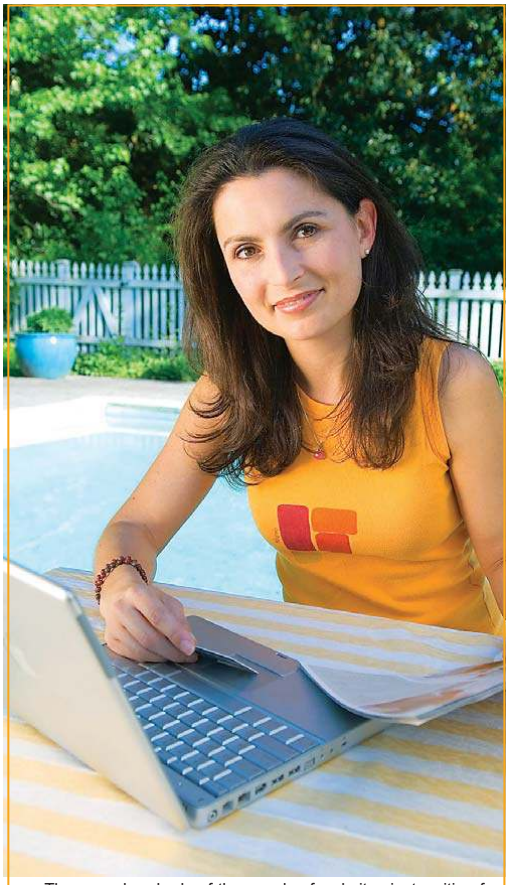


There are hundreds of thousands of websites just waiting for you to buy from and there's the first problem - just how much time do you have to spend searching. (Photo: Press Association)

Patricia Davidson, author of The Shopaholics Guide To Buying Online, shares her tips and tricks - and favourite websites - for getting the most out of online fashion.

Cat-fights over the last pair of this seasons' must-have heels, heavy bags to cart around streets crawling with shoppers, and miles and miles of trekking from one trendy boutique to the next - shopping, who needs it?

"I think that most people would agree with me that shopping is one of the pleasures of life," smiles Patricia Davidson, author of The Shopaholics Guide To Buying Online.

"But the days when you used to have to trek out to the shops are now well past - just about everything is available online.

"In fact, there are hundreds of thousands of websites just waiting for you to buy from and there's the first problem - just how much time do you have to spend searching?"

Luckily for us, there is a much easier way than trawling through the thousands of options that your favourite search engine throws up - all you have to do is consult Davidson's guide to all the hidden gems that the internet has to offer.

"There are so many great online shops to discover - you can buy fashion, shoes, handbags, top brand cosmetics, skincare and gorgeous bath and body products, flowers, gifts, gadgets, food and wine online alongside the computers, printers, cameras, TVs, DVDs, books and CDs that you probably already know about," Davidson explains.

"You can book your tickets to the theatre, your flights to Venice and find out where to get your clothes altered.

"You can shop from anywhere in the world and take delivery anywhere in the world - the worldwide web has made the globe a much, much smaller place," she smiles.

Shoes To Party In

"And to go shopping in, run for the train in, go out to lunch in, go to the bar in, go simply anywhere in," Hutchinson enthuses.

"Like handbags, shoes say a lot about you - you need the right ones for you, for fashion, for what you're wearing, where you're going and the time of year."

· www.dune.co.uk

Here you can buy from a range of trendy, affordable and stylish shoes and accessories including glitzy sandals, dressy pumps and flats, modern casual shoes and ballerinas, and excellent boots.

· www.espadrillesetc.com

Whether or not you're an espadrilles fan, if you're going on holiday you really should take a look at this summer shoe website. They're also happy to ship anywhere in the world.

· www.sand-monkey.com

If you fancy a change from run-of-the-mill synthetic flip-flops you should take a look at this collection of leather sandals. Originally designed on a luxury safari camp in Kenya's Masai Mara, these gorgeous shoes come complete with cute, stylish and funky finishes including beads and shells.

Baby and Toddler Clothes

"Here you can really have fun - you get to choose, every single time, whether you want to put your baby into frills and lace or the simplest of baby sleepsuits and no one can stop you," Hutchinson says.

·www.bloomingmarvellous.co.uk

Blooming marvellous offer everything for the newborn baby, including sets of sleepsuits and vests in pink or blue, pointelle blankets, bootees and padded outdoor suits.

· www.gagagoogoo.co.uk

These are a range of baby and toddler t-shirts up to two-years and packs of bibs with famous and witty sayings such as 'Go ahead and make my day' (Clint Eastwood), 'Here's looking at you, kid' (Humphrey Bogart), and 'I have nothing to declare but my genius' (Oscar Wilde).

· www.ollipops.com

The home of really cute baby soft shoes by Starchild and Bobux, enchanting bibs (before they've eaten!), and a selection of Hopscotch dressing up outfits and hats. A pretty, colourful and extremely busy website with lots of unusual products.

Gorgeous Gifts

"There are so many wonderful websites online where you can find all sorts of pampering gifts, from luxurious and unusual scented candles to the softest handmade bath robes and embroidered jewellery rolls."

· www.gorgeousthingsonline.com

This is a mixture of well-priced pampering gifts including candles by Arco, bath melts and truffles by Di Palomo, beautiful blankets and throws, and even pretty festive accessories for the home.

· www.serendipbeauty.com

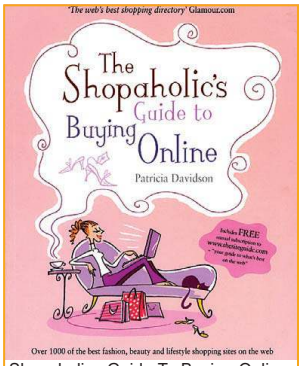
Next time you're looking for a pampering/beauty gift website which is also a pleasurable and relaxing shopping experience, then just click on to this new website to find products from Burt's Bees, Cowshed, Fruits and Passion, Jane Packer, Korres, and Tocca.

· www.bombayduck.co.uk

This is a very pretty home gifts and interiors website with a wide range of ideas from their own beautifully packaged candles and candy-coloured leather accessories, crystal glass chandeliers, vintage style bathroom accessories and printed cushions.

The Shopaholics Guide To Buying Online, by Patricia Davidson, published by Capstone.

Emma Pomfret



Shopaholics Guide To Buying Online, by Patricia Davidson, published in paperback original by Capstone

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Daily

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt

Until 4 August

'JAZZ & TENNIS IN THE PARK' festivities • Until 4th August, 16th Edition of Tennis at 18h00 • On 28th July a special concert by Matosinhos Jazz Orchestra• Guest performance: John Hollenbeck • On 4th August Henri Texier's Strada Sextet will perform in a concert in the Park • Serralves Foundation • Rua D. João de Castro, 210 • Tel: 226156500 / 543 / 584 • serralves@serralves.pt • www.serralves.pt

23 September

Promenade Concert 'Tchaikovskt's Overture 1812' • 11h30 • Prices from €5 to €10 • Coliseu do Porto • Rua Passos Manuel, 137 • Tel: 223 394 940 • Fax 223 394 949 • coliseu@coliseudoporto.pt

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CASCAIS

Until 1 Aug

Art show by two American artists: a painter, Liz Lirette and a wood sculptor, Laurel Lear • Albatroz Hotel on the waterfront of Cascais from July 13 to August 1.

Daily

Cascais Sea Museum – Rei D. Carlos • The museum has a vast range of exhibits related to the sea. There are sections on natural history, ethnology and underwater archaeology. The collection includes old maps, fishermen's clothing, models of boats and treasures salvaged from ships wrecked in the sea around Cascais and in the Tagus estuary • Guided tours: 214825081 • R. Júlio Pereira de Mello in Cascais • Open: 10h00-19h00; closed Mondays & Public Holidays • 214825400

Daily

Cascais Cultural Centre • Housed in a magnificent old building 'A Casa Cor-de-Rosa' (The Pink House) • Concerts, shows, exhibitions, & other events • 10h00-18h00 (Closed Mondays) • Av. Rei Humberto II de Itália • 214848900

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Great Concerts '07 of the Casino • Du Arte Lounge Thursdays at 23h30 • Info.estoril@estoril-sol.com 214667700 • 214825400

Daily

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Until 31 July

"SUMMER COLOURS": Art Exhibition by H. Fejgl and A. Van Nooij • Restaurant/Gallery Adamastor (pink building at end of restaurant row) • 11h-15h / 19h-23h • Helena or Adrian at 262824022 or at UrbanZoom@yahoo.com

LISBOA

Until 26 Aug

Paintings from the Museum Sakip Sabanci, Istambul 'Evocations, Passages, Atmospheres' • Calouste Gulbenkian Foundation • Avenida de Berna, 45A • 217 82 3000 • www.gulbenkian.pt

Daily

Belém Cultural Centre • One of the great cultural centres in Europe in one of Lisbon's areas of outstanding architectural beauty it hosts exhibitions, performing arts, restaurants, gardens, shops and conference centre • 213612400

Until 30 September

Bodies Exhibition 'The Human Body as you have never seen before' • For information: 707234234 or 213466255 (Monday to Friday from 10h00 to 19h00) • or email ocorpohumano@energysplash.com • Palácio dos Condes do Restelo on Rua da Escola Politécnica, 42 - Príncipe Real • www.ocorpohumano.net

SINTRA

Daily

Pena Palace • The Palace dates back to 1839 • Visits info: Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • geral@cm-sintra.pt

Daily

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Alguei-rão Velho, Fitares and Meleças • Tel: 219164303 • Fax: 219236150

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Summer Jazz • Every Sunday afternoon from 16h30 to 19h30 • free entrance to pateo • Ermitage Terrace • For directions, please view www.ermitage-algarve.com • Tel: 289355271

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Monthly

Monthly Writing Circle by Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first ***Thursday*** of the month from 10h30 to 12h30 • All welcome! • For info ring Jenny on 963518184

LAGOA

16 September

9th Scruffts Dog of the Year Show • FATACIL Showground • Organized by A.P.A.A., Apartado 101, Mexilhoeira Grande • Anyone or any company interested in sponsoring or taking a trade stand at the show are welcome to email for more information • E-mail: scruffts2007@yahoo.co.uk

LAGOS

28 July

Summer Mini-fayre (St Vincent's Anglican Church) • The Greens, 6, Quinta da Boavista Golf Resort • 10h30 to 15h00 • Free

TAVIRA

28 July

'Film Poster Auction' in the Cloisters of Carmo Convent (Open air) at 9.30pm • A selection of 80 large and valuable French Film Posters (47 1/4" x 63") will be on auction, together with posters of most of the films presented in the Film Shows this year (one-sheet: 27" x 40") • Images of posters on site: http://cineclube-tavira.com/site index.php?option=com_content&task=view&id=12&Itemid=1 • If you are interested in purchasing some posters (simply to collect or to decorate your house and/or office), the complete list of items included in this auction is available (in digital format - Exel) by request, and mailed to you on the same day. Not-to-be-missed! • Tels: 281320594 - 281971546 or 965209198 - cinetavira@yahoo.com or andrecjviane@clix.pt

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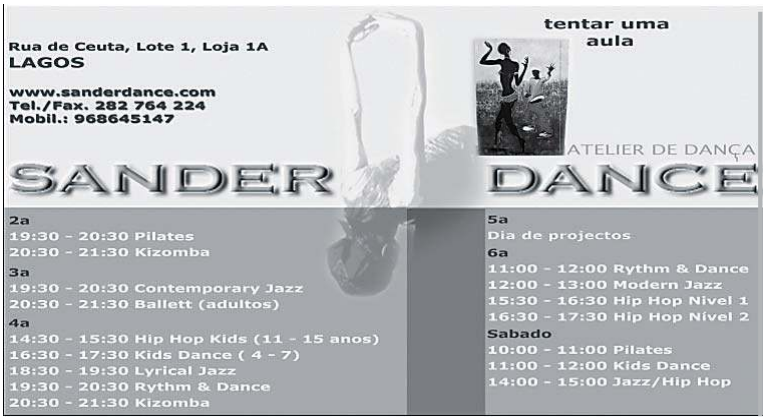


FINE ART

Calling all artists to Artists Awake

During the month of September this year acclaimed local artists Den Miles and Rafaela Sousa are to stage an 'Affordable' art exhibition, and are calling on all artists to participate in the unique event.

An entry fee of just one euro (€1 – to be donated to UNICEF) will be charged, and all paintings will be sold for €25.

Paintings must be 21cm x 30cm in size and signed only on the reverse side, giving intrigue to the buying public.

Den and Rafaela would like to extend an invitation to people from all walks of life, i.e. celebrities, artists, non-artist, the young and the old, in fact *anyone*, who would like to exhibit their works of art.

The dates of the event are yet to be confirmed.

However, if you would like to participate, or want more information, contact Den Miles on: (+351) 968 740 970, or Rafaela on: (+351) 282 354 189 or 916 072 342.

Enamelling by Susan Searle

Pictured is an enamel chicken by Susan Searle, one of a set of three, to be seen at Off the Wall Galeria in Alte. Come and see the newest work by Deva Feldman, unforgettable! Galeria Off the Wall is located in Alte, open Monday to Friday from 10am to 5pm. Call 289 478 027 for more information, or visit www.offthewall galeria.com.

BOOK REVIEW

The Trials of Tricia Blake by Lisa Selvidge

'A gritty tale of love, hate, and murder, set in 1979 following the winter of discontent in Britain when kids sang about bricks in walls and hated Mondays. Tricia Blake, age 14, commits a terrible crime.'

Ever been pushed to your limit and thought about taking the law into your own hands? The tale of Tricia Blake is one of a young teenager who finds herself in an unbearable situation. Her mother has remarried, to a man who Tricia views as a narrow minded and malicious bully. He finally pushes Tricia's endurance too far when, out of pure spite, he sells the pony she won in a competition without her permission.

Being an independent, spirited sort of girl, she doesn't stay around long enough to let herself become damaged beyond repair - she runs away. Tricia's life then unfolds in a roller coaster ride which takes her away from her suburban life, stressed out mother and bullying stepfather, to London, where fate seems to be urging Tricia on to taking unlawful action against the man she loathes.

Having a strong survival instinct, Tricia manages to find a room in a flat and a job in a pizza parlour. Her adventures bring her into contact with some dodgy characters; she briefly becomes an artist's model, mixes with lads dealing in drugs, and more... until she is ready to do what she set out to do.

This is a work of fiction aimed at a teen market but, as an adult reader, I was pleased and almost surprised at how the story kept me coming back for more. Perhaps it's because the characters are so convincing and well thought out that you get the feeling that these people really could exist and be living not far from you.

As for entertaining teenagers, the book has to succeed: the world of grown-ups penetrates Tricia's life with a speed that might leave an adult gasping for breath, but which most teens are ready and waiting for.

A thoroughly good read for teens and adults alike.

Liz Allen

Lisa Selvidge lives in the Algarve and teaches online fiction courses for the University of East Anglia. She has also published a Writing Fiction Workbook. The Trials of Tricia Blake can be purchased from online bookstores such as Amazon, direct from www.lulu.com or at The Owl Story Bookshop in Lagos and The Magna Carta Bookshop in Alvor for €15.

FESTIVALS / FAIRS

Portimão Sardine Festival

The Sardine Festival is one of Portimão's trademark events. Try eating grilled sardines in bread on the Portimão Waterfront to the sound of Portuguese traditional music. There will also be handicrafts and plenty of entertainment available, such as:Aug 3rd - Filarmónica Gil. Aug 4th - Herman José. Aug 5th - Paulo Gonzo. Aug 6th - Rabo de Saia. Aug 7th - Carlos Guilherme e Anabela. Aug 8th - Paço Bandeira. Aug 9th - Luís Represas. Aug 10th - Rui Veloso. Aug 11th – FF. And last but not least, Aug 12th – Joanna.

August 3rd – August 12th at the Portimão Riverside. Call 282 470 700 for more information.

São Brás de Alportel country fair

Yearly festival taking place in São Brás de Alportel full of colour and entertainment. This tradition three day experience will embrace everything national – food and music. Every evening promises to be different from the last. Entertainment includes: Lumen on Friday, July 27th. Bonga on Saturday, July 28th and Mafalda Viega on Sunday, July 29th.

July 27th – July 29th, EB 2, 3 Poeta Bernardo de Passos school grounds. From 6pm to 2am. Call 289 840 000 for more information.

BOX OFFICE

COMING SOON — MUSIC FESTIVALS

AUGUST

Intercéltico de Sendim – Two day festival in Sendim. Performances: Aug 3rd – Solas, Tradere, Trasga. Aug 4th – Four Men and a Dog, Kepa Junkera, Dazkaried. Further info TBA.

Anti-Pop Music Festival – Viana do Castelo, Forte Santiago da Barra. August 9th – Ellen Alien + Apparat + Matthew Dear + Paul Kalkbrenner + Dezperados + Expander + Thinkfreak + Nuno Di Rosso + Hustley E Gunz + Alex Vieira + Minimal Hospital Crew + Pedro Ricciardi. Aug 10th – Richie Hawtin + Magda + Troy Pierce + Heartthrob + Gaiser + Freshkitos + Hustley & Gunz + Minimal Hospital Crew + Pedro Ricciardi. Aug 11th – Ata + Octave One and Random Noise Generation + Extrawelt + Gui Boratto + Rui Vargas + Magazino + Miguel Rendeiro + Invaders + Hustley & Gunz & Alex Vieira + Minimal Hospital Crew + Pedro Ricciardi. Further info TBA.

Festival Paredes de Coura – August 12th until 15th at Praia Fluvial do Tubarão in Paredes de Coura. Performances: August 12th: Simian Mobile Disco + DJ Fra Sizo + Devotchka. Aug 13th: Babyshambles + mando Diao + Sparta + Blasted Mechanism + New Young Pony Clib + M.I.A + Zappa Low Budget Reserch Kichen + Slimmy + The Blows + Guns n'Bombs + Crystal Castels. Aug 14th – Dinosaur Jr + New York Dolls + Mão Morta + Architecture in Helsinki + Godol Bordello + Spoon + Paulo Barros + Mundo Cão + 6PM + DJ Ai + Foreign Island. Aug 15th – Sonic Youth + Cansei de Ser Sexy Sunshine Underground + Electrelane + peter + Bjorn & John + Linda Martini + Born a Lion + The Right Ons + Boys Noice + U-Clic. Tickets: €40 one day pass, €70 four days pass inc camping.

Super Bock Surf Fest – August 15th and 16th in Sagres Praia do Tonel. Aug 15th: Lily Allen, Dub Incorporation, Jamaram, Midnite, Bird. Aug 16th – Gentleman + Capleton, Mad Caddies, Culcha Candela, Quaiss Kitir. Tickets: €30 to €40.

Festival Maré de Agosto – Aug 23rd until Aug 26th at Santa Maria Praia Formosa in Açores. Aug 23rd: Buraka Som Sistema + Luís Leite + Double Face. Aug 24th: Gocoo + Miss Blondie. Aug 25th: Pimpstress Rah. Aug 26th: Marcelo D2 + Tânia Pascoal.

SEPTEMBER

Festa do Avante! – September 7th until 9th at Quinta da Atalaia in Amora.

Caos Emergente Open-Air Fest – September 7th until 9th at Paredes (Recarei) Margends do Rio Sousa. Sep 7th – Mata-Ratos+ Maglignant Tumour, Web, Altas of Giallo, Distrofia. Sep 8th – Dead Infection, Aborded, Decayed, Holocausto Canibal, Disaffected, Psychofagist, The Ransack, Alcolocaust. Sep 9th – Benediction, Leng Tch'e, Sacred Sin, In The Umbra, God, Pitch Black, Goldenpyre.

LIVE CONCERTS

AUGUST

André Sardet – August 7th at Faro Fórum Algarve from 10.30pm. Entrance is free.

Sam The Kid – August 10th at Alcáser do Sal from 7pm. Entrance is free. Further info TBA.

Mad Caddies – August 14th at Cascais Monte do Estoril – Bauhaus from 9pm. Tickets: €15.

Mariza – August 19th at Évora Arena. Further info TBA.

Mariza – August 21st at Guimarães Campo de São Memede. Further info TBA.

Lloyd Cole – August 24th at Grândola Parque de Feiras e Exposições from 10pm. Entrance is free.

Off the Wall – Pink Floyd tribute band, August 25th at Grândola Parque de Feiras e Exposições from 10pm. Entrance is free.

Da Weasel – August 31st at Seixal Corroios Palco Caslos Paredes. Further info TBA.

SEPTEMBER

You Should Go Ahead – September 1st at Carvalhal. Further info TBA.

GNR, The Guft, Boss AC, Blasted Mechanism, DJ Henrique Amaro, Dezperados – September 7th at Pavilhão Atlântico in Lisbon. Further info TBA.

Massive Attack – September 17th at Lisbon Coliseu from 9pm. Tickets: €32 - €35

The Police – September 25th at Oeiras Nacional stadium. Tickets: €55 to €95.

Pedro Abrunhoso & Bandemónio – September 27th at Estoril Casino from 22.30pm. Entrance is free.

OCTOBER

Rod Stewart – October 7th at Estoril Casino. Further info TBA.

NOVEMBER

Interpol – November 7th at Lisbon Coliseu from 9pm. Tickets: €25 - €28.

Da Weasel – November 10th at Lisbon Pavilhão Atlântico. Tickets: €15 - €25.

LIVE SHOWS

SEPTEMBER

Quórum Ballet – After 10 years working abroad, the dancing couple Daniel Cardoso and Theresa da Silva Cardoso returned to Portugal in 2005 with several ex Ballet Gulbenkian dancers, and have since been working on dance projects. See them on September 1st at Faro Teatro das Figuras from 10pm. Tickets: €12 - €16.

Portugal Moto GP – Motorbike competition with professional such as Valentino Rossi and Dani Pedrosa fight for the MotoGP title. September 14th – 16th at Estoril Autódromo. Tickets: €20 to €100. Children under 10 go free.

OCTOBER

The Great Beijing Acrobat Circus – Founded in October 1950, this acrobat piece has travel the world. October 26th – 27th at Lisbon Coliseu. October 31st – November 1st Oporto Coliseum. Tickets: €10 - €30.

NOVEMBER

Sleeping Beauty Ballet – This show has been described as representing a 'Ballet Symphony'. November 22nd – 24th at Lisbon Coliseu dos Recreios. November 27th Oporto Coliseu. Tickets: €12,50 - €37,50.

Bugs Bunny on Ice – 'Around the World in 80 Minutes Show' is a show based on the bestseller by Júlio Verne. See all of your favourite Looney Tunes characters such as Bugs, Daffy Duck, Tweety, Sylvester, Speedy Gonzales, Granny and the Tasmanian Devil on ice. November 1st – 11th at Lisbon's Campo Pequeno. Tickets: €12 - €40.

DECEMBER

Noddy Live - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am 3.30pm and 7.30pm on December 8th. Minimum age of 3.

TICKETS: Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night. Websites: ww.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseu)

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

LIVE CONCERTS

Elvis Costello & Allen Tousaint band

Elvis Costello is an English musician, singer, and songwriter. Costello was an early participant in London's pub rock scene in the mid-1970s, and later became associated with the punk rock and new wave musical genres, before establishing himself as a unique and original voice in the 1980s. His output has been wildly diverse: One critic has written that "Costello, the pop encyclopedia, can reinvent the past in his own image".

July 31st, The Lake Resort in Vilamoura from 10pm. Tickets €30.

Lionel Ritchie

Lionel Brockman Richie, Jr. is a Grammy Award-winning American R&B and soul singer, Academy Award-winning songwriter, record producer, and occasional actor who needs no introduction. See him live at the Pine Cliffs Resort Summer Gala. The resort will be commemorating its 15th anniversary to the current sounds of rock & blues music.

August 1st, Pine Cliffs Resort, Albufeira from 7pm. Tickets: €300 concert and dinner.

Music in the Patio with Barakuka

Music band led by local singer / songwriter Beto Kalulú accompanied by several Angolan friends. This concert has promised to be tropical, colourful with contagious African beats, organizers have said. Beto Kalulú, known for his vast music skills in the Algarve, is expected to get the crowd going with his ability to get party-goers interacting with the concert itself.

August 1st, Lagos Cultural Centre Patio from 10pm. Entrance is free.

Mariza

After five years, Mariza is set to return to the picturesque town of Tavira on August 4th, followed by Cristina Branco on August 8th, Mind da Gap on August 12th, Carlos Barretto and 'In Loko' and the Algarve Orchestra on September 15.

August 4th, Convento do Carmo in Tavira.

Keane

Keane are an English piano rock band, first established in Battle, East Sussex in 1995, taking their current name in 1997. The group is comprised of composer, bassist, and pianist Tim Rice-Oxley, lead vocalist Tom Chaplin and drummer Richard Hughes. Keane are known for using a piano as their lead instrument instead of guitars, significantly differentiating them from most rock bands.

August 3rd, Parque da Cidade in Oporto from 9pm. Tickets: €25 - €30.

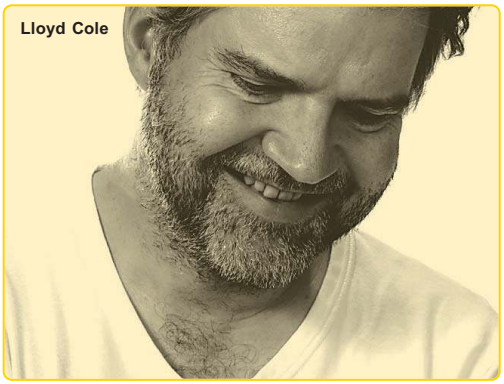
MUSIC FESTIVALS

Sudoeste Festival

The Sudoeste (southwest) Festival is the biggest music summer festival in Portugal. It is held every year at the beginning of August at Zambujeira do Mar, Alentejo. It was first held in 1996. Placed in a quiet area which is reachable by car or a mix of train and coach the only thing you might regret is not having more time to stay after the festival is finished. The organization provides free transport from the festival site to Zambujeira (3 to 5km away). Good music, good people, good mood, and great places to visit, makes Sudoeste summer festival a great festival all in one.

This year's line up includes:

Aug 2nd: Damien Marley; Editors; I'm From Barcelona; Gilberto Gil; Mayra Andrade; Cassius; Rui Vargas; Camera Obscura; Noisettes; Ojos de Brujo.
Aug 3rd: Cypress Hill; The Cinematics; Just Jack; Outlandish; Armandinho; Buraka Som Sistema; Mary Ann Hobbs; Bonde do Relê; Datarock; Balla; Os Lambas; Nastio; General Levy & Robboo Ranx; Steel Pulse; Soldier of Jah Army; Manif3stos.
Aug 4th: Groove Armada; The Streets; Sam The Kid; Sérgio Godinho; Koop; The Australian Pink Floyd Show; Nature of Human Art; Air Traffic; Patrick Wolf; Sondre Lerche; Sonic Junior; Vanessa da Mata; Tiago Bettencourt; Eta Carinae; Sounds Portugueses; Saian Supa Crew; Martin Jondo; Stepacide.
Aug 5th: James; Mika; Phoenix; Razorlight; Babylon Circus; The National; Of Montreal; Trail of Dead; Tara Perdida; 2008; Rui Vargas; Stereo Addiction; Pow Pow Movement; Tiken Jah Fakoly.
Tickets: €40 one day pass, €70 four day pass including camping.



ALLGARVE Edition presents Lloyd Cole

Lloyd Cole is an English singer and songwriter, known for his role as lead singer of Lloyd Cole and the Commotions from 1984 to 1989 and for his subsequent solo work.

This is event is part of the Algarve's 'ALLGARVE Edition Concerts'.

Other concerts include:

Aug 3rd - Lloyd Cole | 18th Hole of the Royal Golf Course in Vale do Lobo, 10pm
Aug 5th - Vaya con Dios – Acoustic Featuring Dani Klein | Marina de Albufeira, 10pm
Aug 8th - Vicente Amigo | Albufeira Old Town, 10pm
Aug 10th - Katia Guerreiro and Guests | Fonte Grande – Alte (Loulé), 10pm
Aug 18th - Camané and Carlos do Carmo with the Sinfonieta de Lisboa | Monumento Eng.º Duarte Pacheco, 10pm
Visit www.allgarve.pt for more information.

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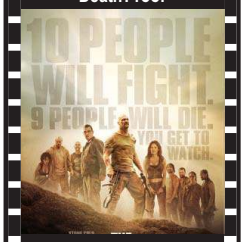
Rádio Algarve Stars

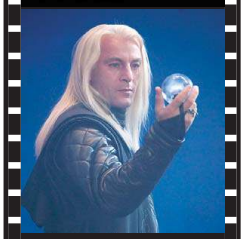
St. Vincent's Anglican Church, Algarve
part of the Diocese in Europe, Church of England and the Anglican Communion
Summer Mini-Fayre
Saturday 28th July, 10.30am to 3pm
at
6 The Greens, Quinta da Boavista Golf Resort
Books, ladies fashion, paintings, cards, gifts, tombola, home produce, refreshments, games, and much, much more …
Raffle 1st Prize 3 days at Hotel Belavista
HOTEL Belavista DA LUZ
A22 N125 N125 Luz Lagos Boavista Golf Resort 6 The Greens
By kind permission of Mr & Mrs Hardeman
Free Admission

Death Proof



The Condemned

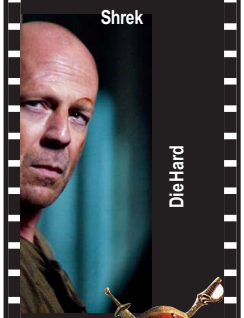
I Could Never be your Woman


Harry Potter V

Fantastic Four

Transformers

Shrek



Pirates of the Caribbean: At World's End

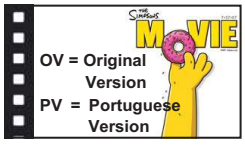
ALGARVE

SBC FORUM ALGARVE
TEL: 289 887 212
26 JUL-1 AUG

1
Transformers
Josh Duhamel, Tyrese Gibson
14.50-17.55-21.00-00.05
2
Death Proof
Kurt Russell, Rosario Dawson
14.45-17.20-19.50-22.20-00.45
3
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
14.40-17.00-19.20-21.40-00.00
4
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
(12.10 Sat & Sun) 15.10-18.10-21.10-00.10
5
The Simpsons Movie
Animation OV
(10.40-12.50 Sat & Sun) 15.00-17.10-19.20-21.30-23.40
6
Shrek the Third
Animation PV
(10.10-12.20 Sat & Sun) 14.30-16.40-18.50-21.20
Die Hard 4.0
Bruce Willis, Justin Long
00.30
7
The Simpsons Movie
Animation PV
(11.20 Sat & Sun)
13.30-15.40-17.50-20.20-22.10
Ocean's Thirteen
George Clooney, Brad Pitt
00.20
8
Bordertown
Jennifer Lopez, Antonio Banderas
16.50-19.25-22.00-00.40
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
13.20
9
Alpha Dog
Emile Hirsch, Justin Timberlake
21.50-00.35
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
13.05-16.00-18.55

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
26 JUL-1 AUG

1
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
13.10-15.50-18.40-21.25-00.15
2
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
13.15-15.55-18.45-21.20-00.20
3
Transformers
Josh Duhamel, Tyrese Gibson
13.10-15.50-18.40-21.25-00.15
4
Shrek the Third
Animation PV
13.20-15.30-17.30-19.30
Death Proof
Kurt Russell, Rosario Dawson
21.35-00.00
5
The Simpsons Movie
Animation OV
13.30-15.40-17.35-19.35-21.45-23.55
6
The Simpsons Movie
Animation PV
13.20-15.30-17.25-19.20-21.15-23.40



OV = Original Version
PV = Portuguese Version

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
26 JUL-1 AUG

1
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
13.15-16.30-19.00-21.15-23.40
2
The Simpsons Movie
Animation PV
13.20-15.20-17.30-19.30-21.40-23.50
3
Death Proof
Kurt Russell, Rosario Dawson
13.05-16.00-18.50-21.35-00.15
4
Transformers
Josh Duhamel, Tyrese Gibson
12.50-15.40-18.30-21.20-00.10
5
Die Hard 4.0
Bruce Willis, Justin Long
13.25-16.10-18.55-21.45-00.30
6
Shrek the Third
Animation
PV - 13.00-15.00-17.10-19.10-21.25
OV - 23.30
7
The Simpsons Movie
Animation OV
13.40-15.45-17.50-19.50-22.00-00.25
8
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
13.10-15.50-18.40-21.30-00.20
9
Bug
Ashley Judd, Michael Shannon
13.30-16.20-19.05-21.50-00.05

LUSOMUNDO VILAMOURA
TEL: 289 302 277
26 JUL-1 AUG

The Simpsons Movie
Animation PV
15.30-18.30-21.30

CENTRE

LUSOMUNDO ALMADA FORUM
TEL: 707 246362
26 JUL-1 AUG

I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Transformers
Josh Duhamel, Tyrese Gibson
The Simpsons Movie
Animation OV & PV
In the Land of Women
Adam Brody, Meg Ryan
Death Proof
Kurt Russell, Rosario Dawson
The Condemned
Steve Austin, Vinnie Jones
Belle Toujours
Michel Piccoli, Bulle Ogier
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Shrek the Third
Animation OV & PV
La Faute à Fidel
Julie Depardieu, Stefano Accorsi
Alpha Dog
Emile Hirsch, Justin Timberlake
Bordertown
Jennifer Lopez, Antonio Banderas
Die Hard 4.0
Bruce Willis, Justin Long

OV = Original Version
PV = Portuguese Version

MILLENIUM ALVALÁXIA
TEL: 21 754 9000
26 JUL-1 AUG

1
Death Proof
Kurt Russell, Rosario Dawson
2
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
3
The Simpsons Movie
Animation OV
4
The Simpsons Movie
Animation PV
5
Shrek the Third
Animation OV & PV
6
Alpha Dog
Emile Hirsch, Justin Timberlake
7
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
8
Transformers
Josh Duhamel, Tyrese Gibson
9
Die Hard 4.0
Bruce Willis, Justin Long
10
The Condemned
Steve Austin, Vinnie Jones
11
It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
The Dead Girl
Toni Collette, Piper Laurie
12
In the Land of Women
Adam Brody, Meg Ryan
13
Zodiac
Jake Gyllenhaal, Robert Downey Jr
14
Bordertown
Jennifer Lopez, Antonio Banderas
15
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
16
Ocean's Thirteen
George Clooney, Brad Pitt

LUSOMUNDO AMOREIRAS
TEL: 707 246362
26 JUL-1 AUG

The Simpsons Movie
Animation
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Bug
Ashley Judd, Michael Shannon
Shrek the Third
Animation OV & PV
La Faute à Fidel
Julie Depardieu, Stefano Accorsi
Die Hard 4.0
Bruce Willis, Justin Long
Transformers
Josh Duhamel, Tyrese Gibson

LUSOMUNDO CASCAISHOPPING
TEL: 707 246362
26 JUL-1 AUG

The Simpsons Movie
Animation OV & PV
Meet the Robinsons
Animation
Shrek the Third
Animation OV & PV
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Death Proof
Kurt Russell, Rosario Dawson
Transformers
Josh Duhamel, Tyrese Gibson

LUSOMUNDO COLOMBO
TEL: 707 246362
26 JUL-1 AUG

Shrek the Third
Animation OV & PV
Die Hard 4.0
Bruce Willis, Justin Long
The Condemned
Steve Austin, Vinnie Jones
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
The Simpsons Movie
Animation OV & PV
Cash
Angus Gibson
Death Proof
Kurt Russell, Rosario Dawson
Transformers
Josh Duhamel, Tyrese Gibson

LUSOMUNDO DOLCE VITA MIRAFLORES
TEL: 707 246362
26 JUL-1 AUG

Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
The Simpsons Movie
Animation PV
Transformers
Josh Duhamel, Tyrese Gibson

UCI CINEMAS EL CORTE INGLÉS
TEL: 707 23 22 21
26 JUL-1 AUG

1
Bordertown
Jennifer Lopez, Antonio Banderas
Ocean's Thirteen
George Clooney, Brad Pitt
2
Alpha Dog
Emile Hirsch, Justin Timberlake
3
Shrek the Third
Animation OV & PV
4
Bug
Ashley Judd, Michael Shannon
5
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
The Simpsons Movie
Animation PV
6
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
7
La Faute à Fidel
Julie Depardieu, Stefano Accorsi
8
In the Land of Women
Adam Brody, Meg Ryan
9
The Simpsons Movie
Animation OV
10
Die Hard 4.0
Bruce Willis, Justin Long
11
Transformers
Josh Duhamel, Tyrese Gibson
12
The Simpsons Movie
Animation PV
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
13
Death Proof
Kurt Russell, Rosario Dawson
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I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd

OV = Original Version
PV = Portuguese Version

LUSOMUNDO FORUM MONTIJO
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26 JUL-1 AUG

The Simpsons Movie
Animation OV & PV
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Die Hard 4.0
Bruce Willis, Justin Long
Transformers
Josh Duhamel, Tyrese Gibson
Shrek the Third
Animation PV
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd

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The Simpsons Movie
Animation OV & PV
Shrek the Third
Animation PV
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Transformers
Josh Duhamel, Tyrese Gibson
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Death Proof
Kurt Russell, Rosario Dawson
Die Hard 4.0
Bruce Willis, Justin Long

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26 JUL-1 AUG

Transformers
Josh Duhamel, Tyrese Gibson
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Shrek the Third
Animation OV & PV
The Simpsons Movie
Animation OV
Death Proof
Kurt Russell, Rosario Dawson
Die Hard 4.0
Bruce Willis, Justin Long

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The Simpsons Movie
Animation PV
Shrek the Third
Animation PV
Transformers
Josh Duhamel, Tyrese Gibson
Bordertown
Jennifer Lopez, Antonio Banderas
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson

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Die Hard 4.0
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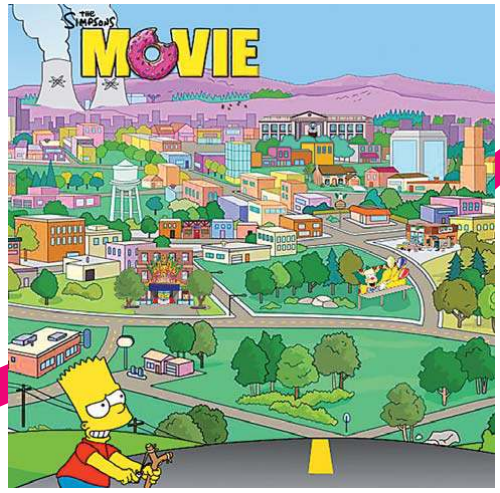
Josh Duhamel, Tyrese Gibson
Death Proof
Kurt Russell, Rosario Dawson
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
The Simpsons Movie
Animation OV & PV
Meet the Robinsons
Animation
Shrek the Third
Animation OV & PV
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Alpha Dog
Emile Hirsch, Justin Timberlake

After eighteen sessions, four hundred episodes and innumerable awards and honours, 23 Emmys and a designation from Time magazine as the best television show of the 20th century, The Simpsons has become a feature-length motion picture. Starring in *The Simpsons Movie* are series regulars Dan Castellaneta, Julie Kavner, Nancy Cartwright, Yeardley Smith, Hank Azaria, Harry Shearer, Pamela Hayden and Tress MacNeille. Albert Brooks also stars. In the film, Homer must save the world from a catastrophe he created.



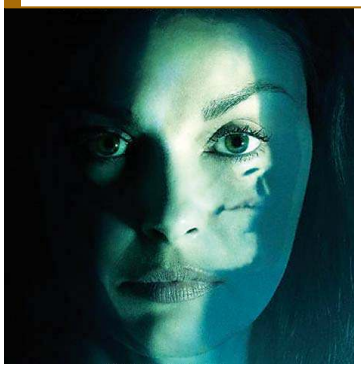
It all begins with Homer, his new pet pig and a leaky silo full of droppings, a combination that triggers a disaster Springfield has never experienced. As Marge is outraged by Homer's monumental blunder, a vengeful mob descends on the Simpson household. The family narrowly escapes, and is soon divided by both location and conflict.

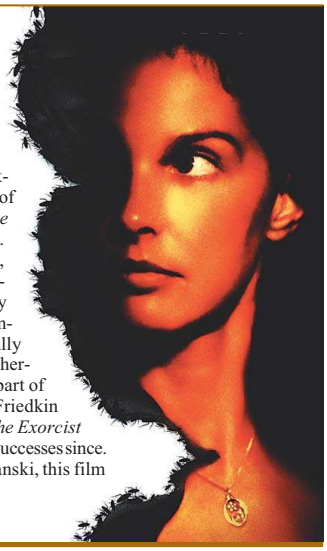
The calamity triggered by Homer draws the attention of U.S. President Arnold Schwarzenegger (voiced by Harry Shearer) and Environmental Protection Agency head Russ Cargill (voiced by Albert Brooks). As the fates of Springfield and the world hang in the balance, Homer embarks on a personal odyssey of redemption, seeking forgiveness from Marge, the reunion of his splintered family, and the salvation of his hometown.

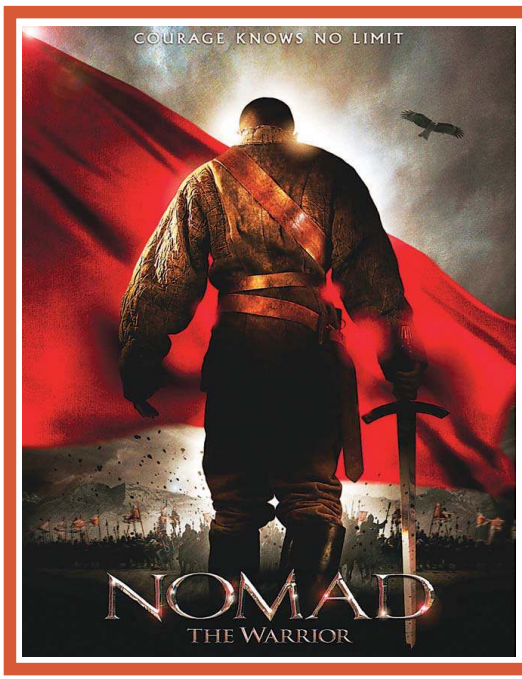
Ashley Judd stars as a lonely waitress in this study in fear and paranoia from director William Friedkin. Aggie lives a largely solitary life in Oklahoma, haunted by a sad past and hounded by her ex-con ex-husband (Harry Connick, Jr.). When a female friend and occasional lover introduces Aggie to Peter (Michael Shannon), it seems she has found her match. The pair enters into a cautious romance, but their dark natures fuel more than just passion. Peter reveals that he was a victim of government experimentation that left blood-hungry aphids crawling under his skin, and the couple begins to obsess over the idea that they could be infected by the insects.

Based on Tracy Letts's play, *Bug* is an effective psychological thriller that gets under the audience's skin. Though the film never takes advantage of the freedom of the screen versus the confines of the stage, setting the action almost entirely within the walls of Aggie's hotel room evokes a claustrophobic feeling.

Shannon deftly reprises his role from the stage play with a squirm-inducing mass of tics and twitches, but it's Judd who deserves the bulk of the praise. With her role as Aggie, she leaves behind roles such as the romantic comedy lead of *Someone Like You* or the revenge-seeking heroine of *Double Jeopardy*. Instead, she's alternately proud and insecure, fully immersing herself in the part of a woman unlike anyone she has played before. Though Friedkin helmed two of the most notable films of the 1970s with *The Exorcist* and *The French Connection*, he hasn't directed many critical successes since. But with its similarities to the moody work of Roman Polanski, this film could represent a return to form for the veteran director.





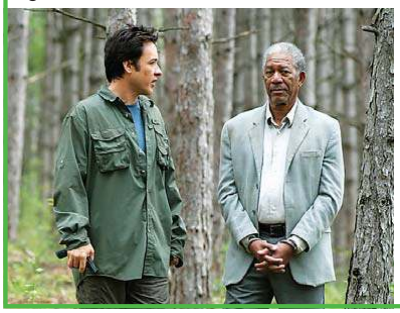


Coming Soon

The Warrior is set in 18th-century Kazakhstan, a vast, pitiless region of austere and terrible beauty, and tells the story of a boy who is destined to one day unite the three warring tribes of the country who have survived and fought for centuries, against invaders, against their formidable enemies and amongst themselves. Starring Jay Hernandez, Bai Ling, Kuno Becker, Mark Dacascos and Jason Scott Lee.

Coming Soon

Ray Keene (John Cusack), a father who wants to redeem himself in the eyes of his son, is trying to bring Cordell (Morgan Freeman), a world-class assassin to justice. All the while, he must protect his son and evade the assassin's team who are methodically hunting them down in the wilderness.



CELEB NEWS

Singer **Beyoncé Knowles** has promised to fly two injured fans to a future concert and treat them to VIP backstage treatment, after they were injured during a recent gig. Kind-hearted Knowles rushed to a St. Louis, Missouri hospital after her show in the city on Sunday to visit the fans, who were injured when a pyrotechnics display went awry and they were showered with fire. The 25-year-old singer made an unannounced visit at the Barnes-Jewish Hospital, where she spent 45 minutes with the injured pair - and now the singer has promised to fly each fan and a friend to a gig of their choosing, where they'll be granted access backstage. Her manager-father Mathew Knowles says, "She's going to make it up to them in a huge way and fly them and a guest to one of her shows - to be backstage". ««»» Hollywood pals **Ben Affleck** and **Matt Damon** are writing their first screenplay together since 1997 hit *Good Will Hunting*. The pair were unknowns when they wrote and starred in the critically lauded movie, which won them an Academy Award for Best Screenplay in 1998. Since their success they have mostly gone their separate ways, with Affleck starring in blockbuster *Armageddon* and Damon in *The Bourne Identity* and its sequels. They are currently enjoying a joint holiday with their families in Hawaii - but are finally keen to team up again. Damon's spokesperson tells the New York Daily News, "That's their plan. Whether or not they are doing it right now, I don't know". ««»» *Heroes* star **Zachary Quinto** may be set to play Spock in the new *Star Trek* movie, according to media reports. Quinto, who plays Sylar in the hit TV show, is reported to be in final discussions to play iconic sci-fi character Spock for the new *Star Trek* film. *Lost* creator **J.J. Abrams** has been lined up to direct the movie, which will be released next year. ««»» *Tsotsi* director **Gavin Hood** is set for a change of pace after signing up to direct *X-Men* spin-off *Wolverine*. The South African filmmaker will direct Australian actor **Hugh Jackman** as the lone-wolf superhero, who last appeared in 2006's *X-Men: The Last Stand*. *Troy* screenwriter David Benioff will write the screenplay for the movie, which is expected to hit screens next year. ««»» Rarely seen home movies from the personal collections of Hollywood legends like **Alfred Hitchcock** and **Steve McQueen** are to air as part of a one-night film festival in Hollywood. The Academy Of Motion Picture Arts And Sciences will present Hollywood Home Movies: Treasures From The Academy Film Archive next month. A spokeswoman for the event says, "Hollywood Home Movies will feature excerpts of at-home, on-vacation and behind-the-scenes set activities captured by stars and directors from Hollywood's Golden Age." The short film festival will also feature vintage news footage about the construction of Los Angeles City Hall in 1926 and a documentary about Hollywood Boulevard, shot in 1947. ««»»

NORTH

UCI CINEMAS ARRÁBIDA SHOPPING
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26 JUL-1 AUG

1
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
The Simpsons Movie
Animation PV
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I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
3
Ocean's Thirteen
George Clooney, Brad Pitt
4
Shrek the Third
Animation OV
5
Transformers
Josh Duhamel, Tyrese Gibson
6
Fracture
Anthony Hopkins, Ryan Gosling
Zodiac
Jake Gyllenhaal, Robert Downey Jr
7
It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
8
The Condemned
Steve Austin, Vinnie Jones
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Die Hard 4.0
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Alpha Dog
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Harry Potter and the Order of the Phoenix
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Bug
Ashley Judd, Michael Shannon
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Transformers
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In the Land of Women
Adam Brody, Meg Ryan
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Bordertown
Jennifer Lopez, Antonio Banderas
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Death Proof
Kurt Russell, Rosario Dawson

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26 JUL-1 AUG

The Simpsons Movie
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Shrek the Third
Animation OV & PV
Transformers
Josh Duhamel, Tyrese Gibson
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Trust the Man
David Duchovny, Julianne Moore
Belle Toujours
Michel Piccoli, Bulle Ogier
La Doublure
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It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
Die Hard 4.0
Bruce Willis, Justin Long
Transformers
Josh Duhamel, Tyrese Gibson
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Shrek the Third
Animation PV
The Dead Girl
Toni Collette, Piper Laurie
Taxi 4
Samy Naceri, Frédéric Diefenthal

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Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Die Hard 4.0
Bruce Willis, Justin Long
The Simpsons Movie
Animation OV
Transformers
Josh Duhamel, Tyrese Gibson
Shrek the Third
Animation PV
It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
Ocean's Thirteen
George Clooney, Brad Pitt
Bug
Ashley Judd, Michael Shannon

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Shrek the Third
Animation PV
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The Simpsons Movie
Animation PV
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson

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Shrek the Third
Animation PV
Die Hard 4.0
Bruce Willis, Justin Long
Alpha Dog
Emile Hirsch, Justin Timberlake
Transformers
Josh Duhamel, Tyrese Gibson
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
The Condemned
Steve Austin, Vinnie Jones
Ocean's Thirteen
George Clooney, Brad Pitt
The Simpsons Movie
Animation PV

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The Condemned
Steve Austin, Vinnie Jones
Alpha Dog
Emile Hirsch, Justin Timberlake
Transformers
Josh Duhamel, Tyrese Gibson
The Simpsons Movie
Animation PV
Shrek the Third - Animation PV
Die Hard 4.0
Bruce Willis, Justin Long
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson

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Die Hard 4.0
Bruce Willis, Justin Long
Taxi 4
Samy Naceri, Frédéric Diefenthal
Shrek the Third
Animation PV
The Dead Girl
Toni Collette, Piper Laurie
The Simpsons Movie
Animation PV
Transformers
Josh Duhamel, Tyrese Gibson
It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson

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Shrek the Third
Animation PV
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
The Dead Girl
Toni Collette, Piper Laurie

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Bruce Willis, Justin Long
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Transformers
Josh Duhamel, Tyrese Gibson
The Simpsons Movie
Animation PV
Shrek the Third - Animation PV
Taxi 4
Samy Naceri, Frédéric Diefenthal

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Transformers
Josh Duhamel, Tyrese Gibson
Ocean's Thirteen
George Clooney, Brad Pitt
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
The Simpsons Movie
Animation OV & PV
Die Hard 4.0
Bruce Willis, Justin Long
Death Proof
Kurt Russell, Rosario Dawson
Shrek the Third
Animation PV
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd

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26 JUL-1 AUG

Shrek the Third
Animation OV & PV
It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
Die Hard 4.0
Bruce Willis, Justin Long
The Simpsons Movie
Animation OV
Meet the Robinsons
Animation
Taxi 4
Samy Naceri, Frédéric Diefenthal
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Transformers
Josh Duhamel, Tyrese Gibson

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The Simpsons Movie
Animation OV
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
Shrek the Third
Animation PV
Trust the Man
David Duchovny, Julianne Moore
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Belle Toujours
Michel Piccoli, Bulle Ogier
In the Land of Women
Adam Brody, Meg Ryan
The Condemned
Steve Austin, Vinnie Jones
Taxi 4
Samy Naceri, Frédéric Diefenthal
It's a Boy Girl Thing
Samaire Armstrong, Kevin Zegers
Die Hard 4.0
Bruce Willis, Justin Long
Transformers
Josh Duhamel, Tyrese Gibson

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Alpha Dog
Emile Hirsch, Justin Timberlake
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
The Simpsons Movie
Animation PV
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Death Proof
Kurt Russell, Rosario Dawson
Shrek the Third
Animation PV
Die Hard 4.0
Bruce Willis, Justin Long
Transformers
Josh Duhamel, Tyrese Gibson

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Shrek the Third
Animation PV
Harry Potter and the Order of the Phoenix
Daniel Radcliffe, Emma Watson
The Simpsons Movie
Animation OV & PV
I Could Never be your Woman
Michelle Pfeiffer, Paul Rudd
Die Hard 4.0
Bruce Willis, Justin Long
Transformers
Josh Duhamel, Tyrese Gibson
Alpha Dog
Emile Hirsch, Justin Timberlake
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
The Condemned
Steve Austin, Vinnie Jones
Bordertown
Jennifer Lopez, Antonio Banderas
Taxidermia
Csaba Czene, Gergely Trócsányi

OV = Original Version
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INTERNATIONAL ALGARVE FAIR

There will be so much to do at the International Algarve Fair on 22nd & 23rd September that visitors will want to stay all day. New features include Motor Show, Property Show, Arts & Crafts market, Puff Park (children's adventure area); Seminars and all day entertainment. Add to this over 120 stands with everything for the home, garden and lifestyle, eleven international restaurants and new opening hours 11:00 to 20:00 each day and you have a recipe for a very happy crowd. Some stands are still available in the main exhibition, the Property Show, the Arts and Crafts market and only two stands in the Motor Show. If you have not yet booked a stand, call the Exhibition Hotline on 282 380 317 or go to algarvefair.com.

INTERNATIONAL ALGARVE FAIR

Stands

There will be over 120 stands with everything for home, garden and lifestyle. Stands will be offering advice on travel, home improvements and living in the Algarve. There will be lots to buy including fashions, books, art, decor, specialist foods, pets products and you can enjoy beauty treatments and health advice.

Food Arena

There will be eleven international restaurants in the Arena: Pizzas from Italy, Tandoori from India, Pastries and Bifanas from Portugal, Hotdogs and Hamburgers, Shell fish from Portugal, Surinam specialities, Braai from South Africa , Indonesian Cuisine and Cakes, Pies and Sandwiches from the UK

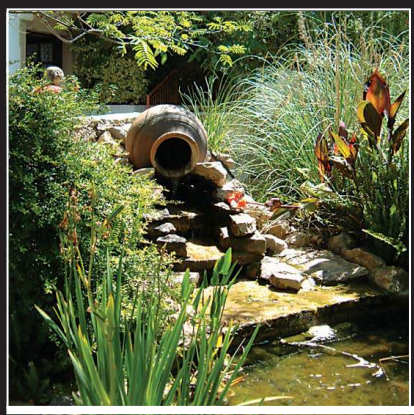
NEW

Puff Park

Children will love this adventure area with several giant inflatables. There will also be clowns, face painting and a real fire engine to explore.

All Day Entertainment

The lineup includes acts from Morocco, South Africa, Portugal, Wales, Russia, Brazil, New Orleans, England and Ireland



NEW

Show Gardens

Landscape Gardeners and Garden Centres are invited to participate in ***The Portugal News*** LANDSCAPE GARDENER 2007 Award

See page 34 for full details

NEW

Arts & Crafts Market

A new section for artisans to show off their wares. Made especially simple for the purpose, spots can be rented for only 50 euros

NEW

The Algarve Property Show

A new section situated in the Pavilion for visitors who are thinking of selling, buying, trading up, or moving to something smaller.
They are invited to meet the leading agents and will also be able to attend daily seminars with property in mind.

NEW

Motor Show

Where visitors can see the latest models including: Seat, Fiat, Alfa Romeo, Honda, Chrysler, Lancia, Opel, Jaguar, Landrover and Peugeot. Also situated in the Pavilion

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The ups and downs of the doggy world

First a very up of the doggy world. On August 1st Sandy, one of our Old English Sheepdogs reaches the very grand old age of 14 years old. Unheard of amongst my OES owning friends. There will be a lot of TLC for Sandy next week, well more TLC than her normal ration!!!

Anyone who knows me, knows that Sandy has battled over those years, especially the last 5 years. On one of our trips down here, (we drove down 4 times a year) within 15 mins of our arrival she had stomach torsion. I had never seen one, or in fact heard of them, yes in horses but not dogs. I never want to see one again. You have a very short window of time to save the dog. Luckily we were already registered with our Vet here, we rang them on the emergency number, on hearing Sandy screaming they said to bring her straight down. It took us 7 mins to get there, by now Sandy was frothing at the mouth and screaming in agony with a very high temperature. Thanks to the care of the Vets, (thank you to Claudia, Rachel and Clare on the EN125) and the speed with which they acted, Sandy came through. It could easily have gone the other way. Jim and I are convinced that had it happened in the UK, due to the traffic, we would not have made it to our Vets in less than 40 mins, Sandy would not have been alive by then.

Her next challenge was a lump on a back leg, it came up fast, within two weeks. This was Christmas 2002. Off to the Vets who removed it, taking a large amount of muscle. The results of the tests proved it was a spindle cell carcinoma, usually fatal my Vet in the UK informed me, then said it will come back. It has and has been removed, I think, 3 times now. November 2003 she was diagnosed with Hypothyroidism and severe Hip Dysplasia and given, at best, another 3 months before she would be unable to walk. So, here we are in 2007, she can still walk, yes it is a challenge at times, tiled floors are the worst for dodgy hips. She cannot get up the stairs now but has adapted to that - she barks at the bottom of the stairs for attention if we are all upstairs. She sometimes puts her front legs on the bottom step, but it would be tough for her to climb up now, I think she knows that. But, those Vets in the UK who gave her the 3 months, did not take into account my determination to research and help her coupled with her determination to keep going. She is on very effective medication which we can top up if we have to. She can run the length of the house very fast for her dinner and a Bonio and has taken to wandering around the land checking all her old haunts out. 18 months ago she was diagnosed with heart problems, more pills. But, she is happy, she leads a quiet, sleepy life, she tolerates all the furry youngsters in the house and every evening joins them for their ball games. It is a joy to see her running up and down the lawn, yes she doesn't catch the ball, but she never did, she was never a ball lady!! She barks at the youngsters as they belt around her.

Wasps, they have featured very high on our list of dislikes this week, especially Merlin and I. Not only did Cleo, Merlin and I fancy a swim in the week, but the wasps joined us. I was stung badly many times on my arms and Merlin has been stung on his face near his eye, resulting in a white patch on his black muzzle. It looks very strange and will cause a few funny looks at the show in Sintra at the weekend.

We then all abandoned the pool and declared it a no go area. But, we all then had the most fun of the week. I decided to clean the pool waterproof mattresses, this of course involved the hosepipe. Well, I am surprised my house was not reported to the GNR for excess noise by the nearest village. Two hours it took me with the help of 4 dogs, yes Sandy joined in. They were running around the terrace, jumping at the water from the hose pipe and barking madly. It was very entertaining, and very noisy.

The PWDs were the worst it has to be said, they seemed to think I wanted them to run all around the lawn and then over the clean mattresses - result, muddy footprints on the clean yellow. Obviously I ended up with 4 very wet dogs and banned them from the house for the rest of the day whilst they dried. It bought back so many memories for me as this happened the day of the two year anniversary of loosing Lennie, this hosepipe game was Lennie's favourite so it was a poignant couple of hours. How strange that I decided to do it that day.

Moral of this story, have fun and avoid the wasps!!!

Protect your pet with knowledge

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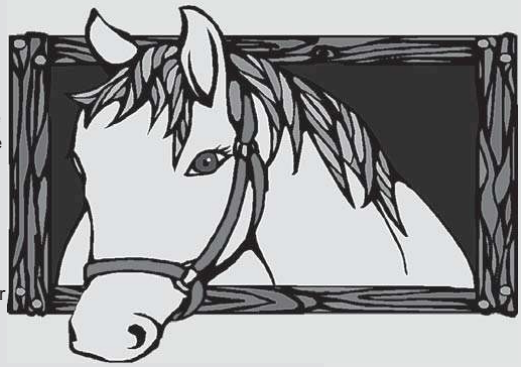
Dogs & Horses



One of the main events on the doggie and horsey calendar in the Algarve happened at the Pinetrees Riding Centre in Almancil on Sunday. Every year Pinetrees celebrate their birthday, this year their 22nd, with the amazing Horse and Hounds event, each year raising funds for local charities. This year's charities were ECRA Search and Rescue and the Bombeiros Voluntários de Faro. The event was sponsored by Merrylegs Pet Resort and Clínica Veterinária de Torrejoão in Areeiro, near Loulé, with additional prizes offered by Paws 4 Pets in Silves, Yamura and Purina. There were 50 participants making up teams of one rider and horse with one dog and handler. The horse and rider went first over a series of jumps followed by their team-mates of dog and handler who completed an agility course. Each teams (horse and dog) round was timed and the top three of each of the three groups were awarded prizes. This provided a lot of fun for the spectators, who were entertained for over three hours.

During the interval the ECRA Search and Rescue team showed the spectators how skilled their dogs were at searching for people.

These dogs are highly trained and are used to search for people after earthquakes or building collapses, and can be used for numerous other searches.

Over 1000€ was raised this year for the charities. The money will be put towards protective suits for the Bombeiros and ECRA handlers and for specials harnesses for the ECRA dogs.

Please can we say a big thank you to Pinetrees Riding Centre in Almancil, Merrylegs Pet Resort and Clínica Veterinária de Torrejoão in Areeiro, near Loulé, Paws 4 Pets in Silves, Yamura and Purina. An extra special thank you goes to all the participants who all did so well, and thank you also to their four legged friends.

If you did not make it this year then we hope that you will make it to a future Horse and Hound event.

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Vet List

Ana Silva
Consultório Veterinário Aurora
Pé da Cruz
8550-328 Monchique
telf - 282 911 008
Urgencies - 964 192 251
email: ana_silva@netcabo.pt

James Cagney
Consultório Girassol
Estrada Palmares
8600-252 Odiáxere
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Claudia Santos
Torrejão Clínica Veterinária
Sítio de Torrejão-Areeiro
8100-225 Loulé
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Scruffts News

The 9th Scruffts Dog Show taking place on **Sunday, 16th September at FATACIL in Lagoa**, Algarve, will include a number of new judging classes to allow owners of pedigree dogs to enter the show, these are in addition to the classes reserved for crossbreed dogs. This year Scruffts will have two judges, Georgie Saffm Costa from the Portuguese Kennel Club and an international judge with the English and Irish Kennel Clubs, judging the crossbreed dogs, while Sm Salvador Janeiro from the Royal Canin Company and also a member of the Portuguese Kennel Club will judge the Pedigree classes. The Judging Classes are as follows:

1. Best Pup - Mixed Breed
2. Best Veteran-mixed Breed
3. Best Veteran - Pedigree
4. Best 6 Legs - Mixed Breed
5. Waggiest Tail - Mixed Breed
6. Best Male - Pedigree
7. Most Handsome Dog - Mixed Breed
8. Happiest Rescue Dog - Mixed Breed
9. Best Female - Pedigree
10. Prettiest Bitch, - Mixed Breed
11. Most Appealing Eyes - Mixed Breed
12. Most Appealing Eyes -pedigree
13. Best Condition - Mixed Breed
14. Judges Favourite Dog - Mixed Breed
15. Best Condition - Pedigree
16. Best In Show - Pedigree
17. Scruffts Best In Show - Mixed Breed

The show this year is sponsored by Royal Canin and the agilty ring is sponsored by Bribon; the show starts with registration from 10h00 and the judging from 11h00 onwards. Food and drink will be available and a number of trade stands will be at the event.

For more information please e.mail scruffts2007@yahoo.co.uk

A.P.A.A. Apartado 101.
Mexilhoeira Grande. Algarve 8501-903.

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 A Taste of My Life. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Live Rugby League. Bradford Bulls v St Helens (Kick-off 12.30pm). (T) 2.25 Racing from Ascot. Including the King George VI and Queen Elizabeth Diamond Stakes at 4.20. (T) 4.35 Live Athletics. The World Trials and AAAs Championships. (T)

5.55 BBC News; Regional News; Weather. (T)

6.15 Schoolís Out. EastEnders actor Ricky Groves, singer Duncan James and comedienne Sandi Toksvig compete in the school-based quiz. (T)

6.50 DanceX. The contestants put their skills to the test in the first live show, performing a set of three numbers to show off their talents as both singers and dancers. Arlene Phillips and Bruno Tonioli face the task of eliminating one of their own performers if their group fails to win the all-important viewersí vote, leaving one unlucky hoofer to make their last curtain call. Hosted by Ben Shephard. (T)

8.05 The National Lottery Draws. Craig Doyle sets the balls rolling in the all-important Thunderball, Dream Number and Lotto draws. (T)

8.15 Casualty. Guppyís dependence on drugs deepens after an attempted suicide brings back memories of his fatherís death, while Stitchís callous attitude toward the patientís husband infuriates Maggie. Harry visits the department and offers assistance to a grateful Selena, who is moved to make a confession. (T)

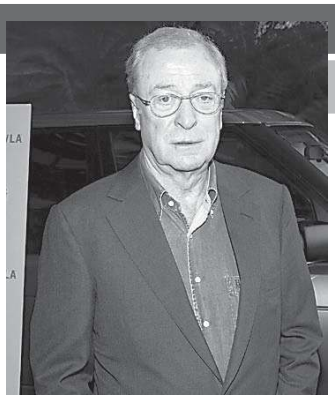
9.05 Jekyll. Claire wakes up from sedation to find her children have been taken away from her, before Sophia reveals the devastating truth about Tomís involvement with Dr Jekyll and Mr Hyde. Meanwhile, renowned mercenary Carver is offered an unlimited sum to capture Jackmanís malevolent alter ego. Last in series, starring James Nesbitt and Gina Bellman. (T)

10.00 Would I Lie to You? Guests Harry Enfield, Claudia Winkleman, Tara Palmer-Tomkinson and Dave Spikey join team captains David Mitchell and Lee Mack on the comedy panel show as they attempt to hoodwink their opponents with absurd facts and plausible lies about themselves. Last in series. (T)

10.30 BBC News; Weather; (T) National Lottery Update.

10.50 FILM: Daredevil (2003). Comic-book adventure, starring Ben Affleck. (T)

12.25 FILM: Twin Warriors (1993). Martial arts thriller, starring Jet Li. Dubbed in English; (T) Weatherview. 2.00 BBC News 24. (T)



Pick of the Day

British Film Forever (BBC2, 9.05pm)
Anybody who watched the last series of The Culture Show will already be aware that the BBC has been planning a season of British movies for some time. Lauren Laverne and Mark Kermode seemed to mention it every five minutes, but until now, those of us desperate for it to begin have been wondering if weírve dreamed the whole thing. Well, have no fear, the start is upon us at last â and it sounds like itírs been worth waiting for. As well as broadcasting some of the most memorable films ever produced in the UK, the season will include this seven-part series. Each edition focuses on a different genre, beginning with an insight into thrillers. There have been many memorable entries into the canon over the years, with master of suspense Alfred Hitchcock contributing some of the best before his move to Hollywood. But it was in the 1960s that the British thriller really came into its own thanks to the James Bond franchise and Michael Cainerrs performances as downbeat spy Harry Palmer. Since then, the likes of The Long Good Friday, Get Carter and Shallow Grave have gone down a treat with audiences worldwide. Here, Jessica Hynes narrates the genrerrs development, while Caine, Bob Hoskins, Richard E Grant, Daniel Craig and Guy Ritchie offer their opinions.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. 9.40 Planet Sketch. (T) 9.55 Tricky TV. 10.25 The Giblet Boys. (R) 10.55 The Planetís Funniest Animals. 11.25 FILM: Babyís Day Out (1994). Family comedy, with Joe Mantegna. (T) 1.20 ITV News and Weather. (T) 1.30 London Today; Weather. (T) 1.35 FILM: K-9: PI (2003). Premiere. Comedy sequel, starring James Belushi. (T) 3.25 FILM: Kindergarten Cop (1990). Comedy thriller, starring Arnold Schwarzenegger. (T)

5.25 London Tonight; Weather. (T)

5.40 ITV News and Sport; Weather. (T)

5.55 All-New Youíve Been Framed! Harry Hill narrates a selection of home-video howlers, including a woman throwing a printer at her husband, a dog surfing and an accident with a quad bike. (T)

6.25 Baby Ballroom - The Championship. New series in which children under 12 perform dance routines in the hope of impressing judges Pierre Dulaine, Bonnie Langford and Ray Quinn. Hosted by Kate Thornton. (T)

7.40 Who Wants to Be a Millionaire? Celebrity. Chris Tarrant invites pairs of famous faces to play the big-money quiz to raise funds for charity. Former newsreaders Jennie Bond and Michael Buerk take the hot-seat in aid of NCH, before singers Elaine Paige and Michael Ball try to swell the coffers of The Childrenís Trust and St Richardís Hospital Cancer Day Care Unit Appeal respectively. (T)

8.45 FILM: Jaws (1975). Steven Spielbergís blockbusting thriller about a New England seaside town terrorised by a giant killer shark. Roy Scheider, Richard Dreyfuss and Robert Shaw star. (T)

11.00 ITV News and Weather; Weather. (T)

11.15 All New TVís Naughtiest Blunders. Neil Morrissey narrates a selection of X-rated out-takes. Cilla Black, Chris Tarrant and the casts of Coronation Street and Emmerdale are among the celebrities turning the air blue. (T)

12.00 Glitterball; (T) ITV News Headlines. 4.10 Boot Sale Treasure Hunt. (R) (T) 4.30 Boot Sale Treasure Hunt. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Dogstar. (T) 7.25 The Batman. (R) (T) 7.45 Dennis the Menace; (R) (T) The Likeaballs. (R) (T) 8.20 ChuckleVision. (R) (T) 8.30 The Story of Tracy Beaker. (R) (T) 9.00 The Sorcererís Apprentice. (R) (T) 9.30 The Slammer. (R) (T) 10.00 Beat the Boss. (R) (T) 10.25 The Story of Tracy Beaker. (R) (T) 10.55 Do Something Different. (T) 11.20 Whatís New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 Animal Park. (R) (T) (S) 1.00 The Flying Gardener. (R) (T) 1.15 FILM: The 39 Steps (1935). Hitchcock thriller, starring Robert Donat. (T) (bw) 2.40 FILM: The Lady Vanishes (1938). Hitchcock mystery, with Michael Redgrave. (T) (bw) 4.15 Flog It! (R) (T) 5.15 Natural World. (R) (T) 6.05 BBC Proms 2007. (T) 8.05 Coast. The team explore Irelandís west coast between Galway Bay and Fastnet Rock. Alice Roberts travels to Skellig Michael Island and Neil Oliver examines the areaís links with Columbus. (R) (T) 9.05 British Film Forever. New series celebrating the nationís role as a major player in world cinema for more than 100 years, beginning with its most notable contributions to the thriller genre. Stars including current James Bond Daniel Craig, Guy Ritchie, Ewan McGregor, Bob Hoskins and Richard Attenborough discuss homegrown success stories including The Third Man, The Long Good Friday and Shallow Grave, while Michael Caine recalls his role in Get Carter. Narrated by Jessica Hynes, with appearances from Kate Winslet, Richard E Grant and Trainspotting director Danny Boyle. (T) 10.45 FILM: Dirty Pretty Things (2002). Acclaimed drama, starring Audrey Tautou. (T) 12.15 FILM: Gumshoe (1971). Private eye spoof, starring Albert Finney. (T) 1.40 Farscape. (R) (T) 2.25 Farscape. (R) (T) 3.10 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Big Brotherís Little Brother. (T) 9.25 T4: Friends. (R) (T) 10.00 T4: T4 on the Beach. (T) 10.50 T4: Big Brother. (R) (T) 11.55 T4: Big Brother. (R) (T) 12.30 T4: Friends. Rachel organises a farewell party for Emily. (R) (T) 1.00 T4: Charmed. (R) (T) 2.00 Channel 4 Racing from York and Newmarket. Including the 3.50 Skybet York Stakes (1m 2f 88yds). (T) 4.10 FILM: The Cruel Sea (1953). Wartime adventure, starring Jack Hawkins. (T) (bw) 6.30 Channel 4 News. (T) 7.00 The Ancient Greek Olympics. The concluding part of the documentary examines the links between the ancient and modern games, revealing how the current Olympics have become more like their predecessors. (R) (T) 8.05 Athens: The Truth About Democracy. Bettany Hughes concludes her investigation into the worldís first democracy, asking why a society that promoted freedom of speech voted to execute Socrates for voicing his opinions. (T) 9.05 FILM: Rat Race (2001). A bumbling group of no-hopers get the chance to win $2million from a scheming casino owner, prompting a cross-continent dash to reach the cash. Madcap comedy, starring Seth Green. (T) 11.10 FILM: The Parole Officer (2001). Comedy, starring Steve Coogan. (T) 12.50 Big Brother Live. 4.10 4Music: Road to V 2007. (R) (T) 4.25 4Music: Festival Postcards: T4 on the Beach. (R) (T) 4.40 Greetings from Tucson. (R) (T) 5.05 The Bernie Mac Show. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 6.55 Milkshake!: Franklin. (R) (T) 7.25 Little Princess. (R) (T) 7.45 Roary the Racing Car. (R) (T) 8.00 Make Way for Noddy. (R) (T) 8.15 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.30 The Book of Pooh. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fifi and the Flowertots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Mega Flood: Perfect Disaster. (R) (T) 11.00 David Beckhamís Soccer USA. (R) (T) 11.45 FILM: Columbo: Suitable for Framing (1971). Police drama, starring Peter Falk. (T) 1.20 FILM: Dance With Me (1998). Dance drama, starring Vanessa L Williams. (T) 3.45 FILM: 84 Charing Cross Road (1987). Romantic drama, starring Anthony Hopkins. (T) 5.35 FILM: The Master of Disguise (2002). Premiere. Comedy adventure, starring Dana Carvey. (T) 7.15 Cricket on five. England v India. Mark Nicholas presents action from the second day of the Second Test at Trent Bridge, where the teams continue the three-match series. (T) 8.00 five news and sport. 8.15 NCIS. The team hear that an old enemy has returned, and Gibbs is distressed to learn he is being targeted as his next victim. Last in series, guest starring Rudolf Martin. (R) (T) 9.10 CSI: Crime Scene Investigation. Part two of two. Grissom investigates the murder of a rock star who has been found dead beside an exact replica of the crime scene. Meanwhile, Catherineís daughter Lindsey is kidnapped. (R) (T) 10.10 Law & Order: Special Victims Unit. (T) 11.10 Angelaís Eyes. (T) 12.10 Quiz Call. 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0630 Brinca Comigo 0830 Di·rio de Sofia 0900 A Grande MigraÁ„o dos Gnus 1000 Zona H´midas Selvagens 1100 Mudar de Vida 1130 factor M 1300 News 1410 Top + 1530 Ciclismo: Tour of Frande 1630 Film TBA 1845 O PreÁo Certo 1945 A Voz do Cidad„o 2000 News 2315 Rouxinol Faduncho 0030 Nuovo Cinema Paradiso 0220 Bu San / Goodby Dragon Inn 0400 A Hora da Sorte 0415 Telesales

RTP2
0700 Euronews 0900 ¡frica 7 Dias 0930 NotÌcias de Portugal 1030 Animais Como NÓs 1115 Placo: Jennifer Loez, Christina Aguilera 1300 The Simpsons 1300 entre Pratos 1400 Parlamentos 1500 Desporto 2 1900 Flip 1930 Indisciplinas 2000 National geographic 2030 Di·rio de Sofia 2100 BalanÁo e Contras 2145 A Hora da Sorte 2200 News 2240 Film TBA 0130 Vidas 0300 Sport 0600 Euronews

SIC
0700 Sic Kids 0845 Disney Kids 1200 Our world 1300 News 1400 Extase 1500 Ugly Betty 1700 Film TBA 2100 News 2200 ParalÌso Tropical 2245 AmazÚnia 2330 VinganÁa 0030 Kiss of the Dragon, film 0230 Film TBA

TVI
0700 Childen TV 0900 Morangos com AÁucar 1045 O Bando dos Quatro 1215 DeLuxe 1300 News 1400 Os Escolhidos 1600 Film TBA1800 Film TBA 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Film TBA 0230 Kojak 0330 Dawsons Creek 0430 O Protector

Best of the Rest

BBC3
7.00 Doctor Who 7.50 Doctor Who Confidential 8.05 Dance Xtra 8.35 Top Gear 9.35 Pranks Galore! 10.35 Little Britain Down Under 11.35 DanceX 12.50 Dance Xtra 1.20 Pranks Galore! 2.15 Little Britain Down Under 3.15 The Real Dirty Dancing 4.15 Close

BBC4
7.00 The Day of the Triffids 7.30 The Day of the Triffids 8.00 The Day of the Triffids 8.25 Time Shift 9.05 Film: Atash 15 (2004) 10.50 Lonesome Dove 12.20 Absolute Zero 1.20 Absolute Zero 2.20 The Marley Brothers - At Glastonbury 2007 3.20 Time Shift 4.20 Close

ITV2
2.40 Holiday Showdown 3.40 Australian Princess 4.40 The Planetís Funniest Animals 5.10 Americaís Got Talent 6.40 Americaís Got Talent: Results 7.40 Film: Police Academy 5: Assignment Miami Beach PG (1988) 9.25 Film: Out for Justice 18 (1991) 11.10 Benicassim Music Festival 12.10 Calum, Fran and Dangerous Danan 1.10 Glitterball: ITV Play 3.35 Emmerdale 6.00 Close

Sky One
1.00 Star Trek: The Next Generation 2.00 Star Trek: The Next Generation 3.00 Film: Ghostbusters II PG (1989) 5.00 Brainiac: Science Abuse 6.00 Brainiac: Science Abuse 7.00 The Simpsons 7.30 The Simpsons 8.00 Cold Case 9.00 Bones 10.00 Road Wars 11.00 50 Terrible Predictions 1.00 Brainiac: Science Abuse 1.50 Mark Williamsí Big Bangs 2.40 Star Trek: The Next Generation 3.30 Star Trek: The Next Generation 4.20 Relic Hunter 5.10 Taste

UKTV Gold
1.20 Keeping Up Appearances 2.00 Last of the Summer Wine 2.40 Last of the Summer Wine 3.20 Last of the Summer Wine 4.00 Doctor Who 5.00 dinnerladies 5.40 dinnerladies 6.20 dinnerladies 7.00 My Family 7.40 My Family 8.20 My Family 9.00 Film: Road Trip 15 (2000) 10.55 Men Behaving Badly 11.35 Men Behaving Badly 12.15 Two Pints of Lager and a Packet of Crisps 12.55 Doctor Who 1.55 Fantasy Island 2.50 dinnerladies 3.20 Dallas 4.15 Dallas 5.05 Dallas

TCM
2.25 Behind the Scenes: David Lean on Dr Zhivago 3.00 Willy Wonka and the Chocolate Factory PG (1971) 4.50 The Glass Bottom Boat U (1966) 7.00 The Wings of Eagles U (1957) 9.00 Bonnie and Clyde 18 (1967) 11.05 The Big Red One 15 (1980) 1.10 The Last Run 15 (1971) 2.50 Teleshopping 3.10 Dark Victory PG (1939)

The Disney Channel
Kidsí programmes from 7am, except: 4.00 Film: Johnny Kapahala: Back on Board (2007) Comedy sequel, starring Brandon Baker.

MOVIES

Sky Movies Drama

7.05 Undercover Angel PG (1998) 8.45 Hockey Mom PG (2003) 10.25 The War PG (1994) 12.35 Undercover Angel PG (1998) With Dean Winters. 2.20 Sliding Doors 15 (1998) With Gwyneth Paltrow. 4.05 Hockey Mom PG (2003) With Jessalyn Gilsig. 5.50 The War PG (1994) With Kevin Costner. 8.00 Sliding Doors 15 (1998) With Gwyneth Paltrow. 10.00 Sleepers 18 (1996) With Brad Pitt. 12.30 Two for the Money 15 (2005) With Al Pacino. 2.40 Piccadilly Jim 15 (2004) With Sam Rockwell. 4.25 Undercover Angel PG (1998)

Sky Movies Comedy

6.40 Love at First Bite 15 (1979) 8.30 The Object of My Affection 15 (1998) 10.30 If Only 15 (2004) 12.20 A Lot Like Love 12 (2005) With Ashton Kutcher. 2.20 Max Rules: Adventures of a Superspy U (2005) With William B Davis. 3.50 The Most Fertile Man in Ireland 15 (2000) With Kris Marshall. 5.30 The Simpsons Movie Special 6.00 The Object of My Affection 15 (1998) With Jennifer Aniston. 8.00 If Only 15 (2004) With Jennifer Love Hewitt. 9.40 A Lot Like Love 12 (2005) With Ashton Kutcher. 11.30 Bring It On: All or Nothing 12 (2006) With Hayden Panettiere. 1.10 An Alan Smithee Film: Burn, Hollywood, Burn 12 (1997) With Eric Idle. 2.45 The Most Fertile Man in Ireland 15 (2000) With Kris Marshall. 4.30 Max Rules: Adventures of a Superspy U (2005)

Sky Movies Action

6.05 Frozen Impact PG (2002) 7.55 Swindle 15 (2002) 9.45 Paparazzi 15 (2005) 11.15 The Saint 12 (1997) With Val Kilmer. 1.20 Fearless 15 (2006) With Jet Li. 3.20 Deep Impact PG (1998) With Robert Duvall. 5.30 Paparazzi 15 (2005) With Cole Hauser. 7.00 The Saint 12 (1997) With Val Kilmer. 9.00 Fearless 15 (2006) With Jet Li. 10.45 Deep Impact PG (1998) With Robert Duvall. 12.50 Sin City 18 (2005) With Mickey Rourke. 2.55 Turbulence 18 (1997) With Ray Liotta. 4.40 Frozen Impact PG (2002)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Rally World 7.00 Football 9.00 Cricket AM 10.30 Live Test Cricket. England v India. 7.00 Live Darts. The World Matchplay Championship final. 9.00 Football 11.00 Test Cricket 1.00 Football 3.00 Test Cricket 5.00 Rally World 5.30 Moto Plus

Sky Sports 2

6.00 Poker Week 6.30 Live Rugby Union. Auckland v Counties Manukau (Kick-off 6.35am). 8.30 Live Rugby Union. Canterbury v Bay of Plenty (Kick-off 8.35am). 10.30 Rally World 11.00 Max Power 12.00 WWE: Bottom Line 1.00 World Sport 1.30 Live Football. Inter Milan v Valencia (Kick-off 2.00pm) and Arsenal v Paris Saint-Germain (Kick-off 4.15pm). 6.30 World Sport 7.00 WWE: Bottom Line 8.00 Test Cricket 10.00 Show Jumping 12.00 Darts 2.00 Show Jumping 4.00 Darts

Sky Sports 3

6.00 Sports Unlimited 7.00 Soccer AM: The Best Bits 8.00 Soccer AM: The Best Bits 9.00 Racing News 10.00 WWE: Smackdown 12.00 Live European Tour Golf 4.00 Live European Seniors Tour Golf 7.00 Rally World 7.30 Moto Plus 8.00 Golf Night 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 Golf Night

British Eurosport

7.30 Eurosport Buzz 8.00 Cycling: Tour de France 9.00 Live Beach Volleyball. The womenís World Championships semi-finals. 11.00 Live Motor Racing. The first International Formula Master race from Anderstorp, Sweden. 12.00 Cycling: Tour de France 12.45 Live Cycling: Tour de France. Coverage of the 19th stage. 5.15 Eurosport Buzz 5.45 Live Football. Coverage of a pre-season friendly. 7.45 World Touring Car Championship 8.15 Motor Racing 9.00 Cycling: Tour de France 10.00 WTA Tennis 11.00 Fight Night UK 12.00 World Touring Car Championship 12.30 Beach Volleyball 1.00 Close

Sky Sports Xtra

6.00 Tight Lines 7.00 Test Cricket 9.00 Premiership Years 11.00 Show Jumping 1.00 Race World 2.00 Water Polo 3.00 Moto Plus 3.30 Live Show Jumping. The fourth day of the Hickstead Royal International Show. 6.00 Live Speedway. The Czech Republic Grand Prix. 9.00 Rugby Union 11.00 Premiership Years 1.00 Speedway 4.00 Wild Spirits 4.30 World Sport 5.00 Max Power

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BBC1

6.00 Breakfast. (T) 9.00 News 24 Sunday. (T) 10.00 Heaven & Earth with Gloria Hunniford. (T) 11.00 Countryfile. (T) 12.00 BBC News. (T) 12.05 ëAllo ëAllo! (R) (T) 12.30 Cash in the Attic. (R) (T) 1.30 Murder, She Wrote. (R) (T) 2.15 EastEnders. (T) 4.00 Dancing with the Stars. (T)

5.30 Songs of Praise. Aled Jones travels to Bath for a retrospective look at hymns featured over the past year, including Howard Goodallís reimagining of Love Divine, All Loves Excelling. (T)

6.05 Last of the Summer Wine. Rumours abound of ghosts in nearby woodland. (T)

6.35 The Great British Village Show. The winners are announced. Last in series. (T)

7.35 BBC News; Regional News; Weather. (T)

8.00 The Chase. Sarah struggles with guilt after being unfaithful to her husband, while Anna is too smitten by her new lover to regret the nightís events. Paula and Liam offer Claudie support at her court hearing as she panics about the sentence, but her relief is short-lived when she discovers what her first community service job will be. Meanwhile, Tom arms himself with a dart gun to bring in an injured lion. Starring Gaynor Faye and Nichola Stephenson. (T)

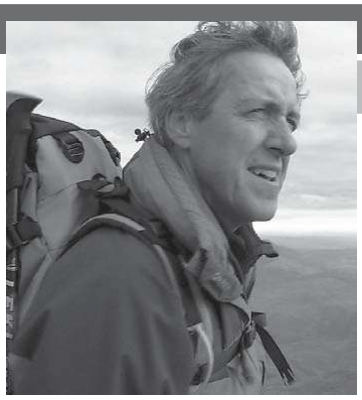
9.00 Mountain. Griff Rhys Jones walks along the UKís highest peaks, beginning in north west Scotland, where he meets a crofter trying to encourage people back to the Highlands and an artist whose innovative works are inspired by the emptiness of the surrounding landscape. Travelling to the Isle of Skye, he explores a privately owned mountain range. Part of the Ultimate Outdoors Season. (T)

10.00 BBC News; Weather. (T)

10.20 Medium. Kenneth Push visits Allison when he suffers haunting visions about a murder in Phoenix. Meanwhile, Joe suffers the consequences of a white lie. Supernatural drama, starring Patricia Arquette and Jake Weber. (T)

11.00 FILM: The Rage: Carrie 2 (1999). Horror sequel, starring Emily Bergl; (T) Weatherview.

12.45 Sign Zone: The Great British Village Show. (R) (T) 1.30 Sign Zone: Holby City. (R) (T) 2.30 Sign Zone: Peter Scott: A Passion for Nature. (R) (T) 3.30 BBC News 24. (T)



Pick of the Day

Mountain (BBC1, 9pm)

Herrs already saved some of the nationrrs most precious historical buildings from ruin and carved his name in the comedy hall of fame. Now Griff Rhys Jones is keen to show us that herrs also quite the action-man. The presenter is undertaking an incredible journey as he travels the length of the UK on the countryrrs highest mountain peaks. He begins his exploration in the wilderness of the north-west Highlands of Scotland. Nowhere else in the country makes the visitor feel more like an explorer, as Griff finds out when he steps onto a frozen wilderness closer to the Arctic Circle than London. The mountains seem to be a very hostile landscape, yet, many years after the Vikings left, these Highlands were home to half of Scotlandrrs population. However, today the area is only marginally more populated than the Sahara. To try to understand what the mountains mean to those who live here, Griff meets a crofter trying to encourage people back to the land, an innovative artist who settled here because of its emptiness, and, on the Isle of Skye, he explores a mountain range that is privately owned, and up for sale. The series is part of the BBCrrs Ultimate Outdoors season.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Art Attack. (R) 9.45 Prove It! 10.10 Atomic Betty. (T) 10.20 Jim Jam & Sunny. (T) 10.35 Jim Jam & Sunny. (T) 10.50 Pocoyo. (T) 11.00 Jim Jam & Sunny. (T) 11.15 Jim Jam & Sunny. (T) 11.30 Bernard. (R) (T) 11.45 Planet Sketch. (R) (T) 11.55 ITV News and Weather. (T) 12.00 London Today; Weather. (T) 12.05 FILM: The Parent Trap (1961). Disney comedy, starring Hayley Mills. (T) 2.30 British Touring Car Championship. The seventh round of the season at Snetterton. (T) 4.00 FILM: Turner & Hooch (1989). Canine comedy, starring Tom Hanks.

5.50 Creature Comforts. Animals that live on the beach discuss their lives, including sea lionsí thoughts on why they prefer Whitby to Scarborough. (R) (T)

6.00 Call Me a Cabbie. Three celebrities sample life as a London taxi driver.

6.25 London Tonight; Weather. (T)

6.40 ITV News and Weather. (T)

7.00 Emmerdale. Kelly arranges an abortion after deciding to give her career priority, while Rosemary sends Grayson and Katie away on a business trip. Jasmine issues David with an ultimatum. (T)

7.30 Coronation Street. Sean tells Jamie heís going to be a father but refuses to name the mother - only to give the game away. Eileen is annoyed when her friends put a damper on her relationship with Pat. (T)

8.00 Heartbeat. Phil and Geoff keep watch on an illegal gambling club in the hope of finding evidence to close the establishment. Meanwhile, Rob anxiously awaits the results of his sergeant exams. (T)

9.00 The Commander. Part two of two. A post-mortem on millionaire Donald Griffith reveals he suffered a blow to the head before hitting the water, adding more weight to Dougís theory of murder. It also becomes clear the three women in the dead manís life were all well aware of how they would each profit from his demise. Meanwhile, Van Hauten arrives from Amsterdam with a solution to the case. (T)

10.00 News Knight with Sir Trevor McDonald. (T)

10.30 ITV News and Weather; Weather. (T)

10.45 The South Bank Show. Melvyn Bragg talks to veteran comedy actress June Whitfield as she reminisces about her long career. A look through Juneís scrapbook reveals stage performances in her twenties, through radio fame as Eth Glum, a regular in Carry On films and TV roles which paired her with the UKís best-loved comedy stars, including Jimmy Edwards, Benny Hill, Tony Hancock, Arthur Askey and Stanley Baker. Her long-running partnership with Terry Scott established her as a fixture on the small screen - a presence that continues today in Last of the Summer Wine. (T)

11.45 Faith and Music. Gloria Gaynor discusses her faith. (R) (T)

12.35 Motorsport UK. (T) 1.00 FILM: The Bible (1966). Epic re-telling of the Book of Genesis, starring Richard Harris; (T) ITV News Headlines. 3.50 The Jeremy Kyle Show. (R) (T) 4.45 ITV Nightscreen.

BBC2

6.00 CBeebies: 6.00 Teletubbies; (R) (T) CBeebies Birthdays. (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 Legend of the Dragon. (R) (T) 7.30 Smile. Fun-packed magazine, with Barney Harwood. (T) 10.00 Animal Park. (T) 10.30 FILM: Young and Innocent (1937). Hitchcock thriller, starring Derrick De Marney. (T) (bw) 11.50 FILM: Obsession (1948). Thriller, with Robert Newton. (T) (bw) 1.25 Racing from Ascot. Including the Hong Kong Jockey Club Sprint at 2.50 (5f). (T) 3.00 Live Rugby League. Wigan Warriors v Catalan Dragons (Kick-off 3.15pm). (T) 5.15 Live Athletics. The World Trials and AAAs Championships. (T) 7.30 The Simpsons: A Culture Show Special. Celebrating 20 years of the popular cartoon. (R) (T) 8.00 Top Gear: Polar Special. The team compete in a 450 mile race from Canada to the North Pole, pitting Richard Hammondís dog sled against a specially adapted vehicle driven by Jeremy Clarkson and James May. (R) (T) 9.00 FILM: From Russia with Love (1963). James Bond is assigned to steal a top-secret decoding machine from the Russians and soon finds himself targeted by crime syndicate Spectre. 007ís second big-screen outing, starring Sean Connery. (T) 10.55 Heroes. First episode of the fantasy drama, starring Hayden Panettiere. (R) (T) 11.35 Heroes. A policeman discovers his ability to read minds. (R) (T) 12.15 FILM: Noose (1948). Crime thriller, starring Carole Landis. (T) (bw) 1.50 Farscape. (R) (T) 2.35 Farscape. The crew are overcome by base instincts. (R) (T) 3.20 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.30 British GT Championship. 7.55 Freesports on 4. 8.55 T4: Friends. (R) (T) 9.25 T4: Hollyoaks. (T) 11.55 T4: T4 on the Beach. (T) 12.45 T4: Big Brotherís Little Brother. (T) 1.45 T4: Big Brotherís Diary Room Uncut. (T) 2.50 T4: Red Bull Air Race. (T) 4.20 T4: The Simpsons. (T) 4.50 Supernanny. Parents struggling to control their twin girls. (T) 5.45 Deal or No Deal Classic. (R) 6.30 Channel 4 News. (T) 6.45 Come Dine with Me. Five contestants from London take the dinner party challenge. (R) (T) 8.00 Big Brother: On the Couch. Davina McCall is joined by a team of experts to analyse the social dynamic of the contestants and any problems that have arisen, with reference to the key events of the previous week. (T) 9.00 Big Brother. Highlights from the housematesí past 24 hours inside the Big Brother compound. (T) 10.00 FILM: The 51st State (2001). American drug dealer Samuel L Jackson hopes to retire after a final sale, but soon discovers the streets of Liverpool are no place for him. Offbeat thriller, with Robert Carlyle. (T) 11.40 Big Brotherís Diary Room Uncut. 12.45 Big Brother Live. (T) 4.00 The A-Z of Boxing. (T) 4.55 Freesports on 4. (R) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.20 Oswald. (R) (T) 6.35 Peppa Pig. (R) (T) 6.45 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 Franklin. (R) (T) 7.25 Little Princess. (R) (T) 7.35 Roobarb and Custard Too. (R) (T) 7.40 Roary the Racing Car. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 9.00 Funky Town. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fifi and the Flowertots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 How to Be a Property Developer. (R) (T) 11.00 House Doctor: Inside and Out. (R) (T) 12.05 Great Artists. (R) (T) 12.35 five news update. (T) 12.45 FILM: Gunsmoke (1953). Western, starring Audie Murphy. (T) 2.15 FILM: Objective, Burma! (1945). World War Two adventure, starring Errol Flynn. (bw) 4.55 five news and sport. (T) 5.20 FILM: Dick Tracy (1990). Comic-strip adventure. Warren Beatty stars. (T) 7.15 Cricket on five. England v India. Mark Nicholas presents action from the third day of the Second Test at Trent Bridge, where the teams continue the three-match series; (T) 7.15 five news update. 8.00 FILM: Charlieís Angels (2000). The famous trio strive to rescue an electronics geniusís latest invention from a cunning rival. Cheery action adventure, starring Drew Barrymore, Lucy Liu and Cameron Diaz. (T) 10.00 Vanished. Lucas and Mei investigate a new lead in the death of Edward Morell. (T) 11.00 Killer Instinct. (R) (T) 12.00 Disorderly Conduct. (T) 1.00 Major League Baseball. 4.00 Kickboxing: Now Is the Time - Night of Combat. 4.50 Major League Soccer.

LOCAL

RTP1
0630 Brinca Comigo 0900 Planeta Prodigioso 1000 Eucaristia Dominical 1100 Conversas do Domingo 1130 Sentido do Gosto 1200 Cntra 1230 Mr Bean 1300 News 1410 SÚ Visto 1515 Tour of France 1615 Sobrenatural 1700 Tourada 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 O PreÁo Certo 2330 As Paixıes de J`lia 0130 Film TBA 0400 Telesales 0605 News

RTP2
0700 Euronews 0730 M´sicas de ¡firca 0830 ¡frica@global 0900 Caminhos 0930 70x7 1000 NÚs 1100 Indisciplinas 1130 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 The Simpsons 1330 Bombordo 1400 Discovery Hour 1900 Arte & EmoÁ„o 1930 Diga l·ExcelÍncia 2030 The Simpsons 2100 Entre Pratos 2130 A Alma e Gente 2200 News 2240 C,manba Clara 2330 Britcom 0030 Onda Curta 0130 Parlamento 0200 A Alma e a Gente 0230 Euronews 0245 Sport 0600 Euronews

SIC
0700 Floribella 0830 Sic Kids 1100 F·tima 1300 News 1415 Eterna Magia 1445 O Profeta 1515 Contacto 1800 PÈ Na Jaca 1900 Floribella 2000 News 2115 Chiquititas 2215 Oralso Tropical 2315 VinganÁa 0015 CSI Las vegas0115 Boys, film 0300 Sex and the City 0330 Olhar da Serpente

TVI
0645 Childrenís TV 0900 Morangos Com AÁucar 1100 Missa Braga 1230 Oitavo Dia 1300 News 1410 Top + 1530 Ciclismo: Tour of Frande 1630 Film TBA 1845 O PreÃo Certo 1945 A Voz do Cidad„o 2000 News 2315 Rouxinol Faduncho 0030 Nuovo Cinema Paradiso 0220 Bu San / Goodby Dragon Inn 0400 A Hora da Sorte 0415 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Last Man Standing 9.00 The Visit 9.30 Little Britain 10.00 Film: Under Siege 2: Dark Territory 18 (1995) 11.35 Two Pints of Lager and a Packet of Crisps 12.05 Two Pints of Lager and a Packet of Crisps 12.35 The Visit 1.00 Last Man Standing 2.00 Two Pints of Lager and a Packet of Crisps 2.30 Two Pints of Lager and a Packet of Crisps 3.00 Doctor Who Confidential 3.30 Close

BBC4
7.00 Chelsea Pensioners: Once a Soldier 7.30 Proms on Four 2007 9.40 Sounds of the Seventies 10.00 Wainwrightís Walks 10.30 A Pembrokeshire Farm 11.00 Bombay Railway 12.00 The National Trust 1.20 Wainwrightís Walks 1.50 Proms on Four 2007 4.00 Close

ITV2
2.20 Film: Police Academy 5: Assignment Miami Beach PG (1988) 4.05 Coronation Street 6.30 Americaís Got Talent 8.00 Americaís Got Talent: Results 9.00 Katie & Peter: The Baby Diaries 10.00 Film: Men in Black PG (1997) 11.55 Coronation Street 12.25 Katie & Peter: The Baby Diaries 1.25 Americaís Got Talent 2.50 Americaís Got Talent: Results 3.35 Chemical Brothers: In Profile 4.00 Teleshopping 6.00 Close

Sky One
1.00 Star Trek: The Next Generation 2.00 Star Trek: The Next Generation 3.00 A Town Called Eureka 4.00 Brainiac: Science Abuse 5.00 Futurama 5.30 The Simpsons Movie Special 6.00 The Simpsons 6.30 The Simpsons 7.00 The Alan Ball Memorial Cup 9.15 Film: Ferris Buellerís Day Off 15 (1986) 11.15 Football Years 12.15 Is Harry On the Boat? 2.10 Star Trek: The Next Generation 3.00 Star Trek: The Next Generation 3.50 Deadwood 4.55 Footballersí Pads 5.10 Taste

UKTV Gold
1.00 One Foot in the Grave 1.40 One Foot in the Grave 2.20 One Foot in the Grave 3.00 One Foot in the Grave 3.40 One Foot in the Grave 4.20 One Foot in the Grave 5.00 Planet Earth 6.00 Planet Earth 7.00 One Foot in the Grave 7.40 One Foot in the Grave 8.20 One Foot in the Grave 9.00 Dalziel & Pascoe 11.20 The Royle Family 12.00 Men Behaving Badly 12.40 Two Pints of Lager and a Packet of Crisps 1.20 The Royle Family 2.00 Dallas 2.50 Fantasy Island 3.40 Fantasy Island 4.35 Close Up 4.45 Planet Earth 5.35 Neighbours

TCM
3.00 Lilies of the Field U (1963) 4.45 The Yearling U (1946) 7.05 Forbidden Planet U (1956) 9.00 Rio Bravo U (1959) 11.35 Cool Hand Luke 15 (1967) 1.45 Lolita 15 (1962) 4.30 Teleshopping

The Disney Channel
Kidsí programmes from 7am, except: 4.00 Film: Her Best Move PG (2007) Comedy, starring Leah Pipes.

MOVIES

Sky Movies Drama

6.00 Joshua U (2002) 7.45 Unstrung Heroes PG (1995) 9.30 A Good Woman PG (2004) 11.15 Joshua U (2002) With Tony Goldwyn. 1.00 These Foolish Things 12 (2006) With Zoe Tapper. 3.00 Unstrung Heroes PG (1995) With Andie MacDowell. 4.45 The Simple Life of Noah Dearborn PG (1999) With Sidney Poitier. 6.20 A Good Woman PG (2004) With Helen Hunt. 8.00 Kundun PG (1997) With Tenzin Thuthob Tsarong. 10.20 Casanova 12 (2005) With Heath Ledger. 12.20 These Foolish Things 12 (2006) With Zoe Tapper. 2.20 Gypsy Woman 15 (2001) With Jack Davenport. 4.00 The Simple Life of Noah Dearborn PG (1999)

Sky Movies Comedy

6.10 The Marrying Man 15 (1991) 8.20 Mastermind PG (1976) 9.50 The Matador 15 (2005) 11.40 Meet the Fockers 12 (2004) With Ben Stiller. 1.50 The Ice Harvest 15 (2005) With John Cusack. 3.40 The Top 10 Show 4.00 Home for the Holidays 15 (1995) With Holly Hunter. 5.50 Emma U (1996) With Gwyneth Paltrow. 8.00 The Ice Harvest 15 (2005) With John Cusack. 9.45 The Matador 15 (2005) With Pierce Brosnan. 11.25 Meet the Fockers 12 (2004) With Ben Stiller. 1.25 Home for the Holidays 15 (1995) With Holly Hunter. 3.10 The Marrying Man 15 (1991) 5.10 Emma U (1996)

Sky Movies Action

6.20 Young Guns II: Blaze of Glory 15 (1990) 8.20 Broken Arrow 15 (1996) 10.20 Inside Man 15 (2006) 12.30 Young Guns II: Blaze of Glory 15 (1990) With Emilio Estevez. 2.20 Broken Arrow 15 (1996) With John Travolta. 4.15 Blue Thunder 15 (1983) With Roy Scheider. 6.05 Alexander 15 (2004) With Colin Farrell. 9.00 Inside Man 15 (2006) With Denzel Washington. 11.15 Red Eye 12 (2005) With Rachel McAdams. 12.45 Sexual Indiscretion 18 (2005) With Christy Patrick. 2.15 Body of Evidence 18 (1992) With Madonna. 4.10 Point Last Seen PG (1998) 5.55 Action & Thriller Close Up

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 World Sport 7.00 Premier League World 7.30 Football 9.30 Cricket Writers on TV 10.30 Live Test Cricket. England v India. 7.00 Football 9.00 Test Cricket 11.00 Football 1.00 Test Cricket 3.00 Close

Sky Sports 2

6.00 Wild Spirits 6.30 Polo 7.30 Darts 9.30 Premiership Years 11.30 Darts 1.30 Live Football. Paris Saint-Germain v Valencia (Kick-off 2.00pm) and Arsenal v Inter Milan (Kick-off 4.15pm). 6.30 Rally World 7.00 Polo 8.00 Rugby League 9.30 Show Jumping 11.30 Rugby League 1.00 Show Jumping 3.00 Close

Sky Sports 3

6.00 Watersports World 7.00 Test Cricket 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Wild Spirits 11.30 Racing News 12.00 Live European Tour Golf. The Deutsche Bank Playersí Championship of Europe. 4.00 Live European Seniors Tour Golf. The Senior Open Championship. 6.30 Powerboating 7.00 WWE: Experience 8.00 Golf Night 11.00 WWE: Late Night - Afterburn 12.00 WWE: Heat 1.00 Golf Night 4.00 Close

British Eurosport

7.30 Cycling: Tour de France 8.30 Live World Touring Car Championship. The warm-up session from Anderstorp, Sweden. 9.00 Live Beach Volleyball. The menís World Championships semi-finals. 11.00 Live World Touring Car Championship. The opening race from Anderstorp, Sweden. 11.45 euroCRASH! 12.15 Live Cycling: Tour de France. Coverage of the 20th and final stage. 1.15 Live World Touring Car Championship. The second race from Anderstorp, Sweden. 2.00 Live Cycling: Tour de France. Coverage of the 20th and final stage. 5.00 Live Womenís Football. The Under-19s European Championship final (Kick-off 5.00pm). 7.00 Motorsports Weekend 7.30 WTA Tennis 8.00 Live WTA Tennis. The Bank of the West Classic final. 9.45 Cycling: Tour de France 10.45 Beach Volleyball 11.45 Cycling: Tour de France 12.45 Close

Sky Sports Xtra

6.00 US Superbikes 7.00 Speedway 10.00 Show Jumping 12.00 US Superbikes 1.00 Powerboating 1.30 Polo 2.30 Live Show Jumping. The Hickstead Royal International Show. 5.30 Sports Adventure 6.00 US Superbikes 7.00 Premiership Years 9.00 Watersports World 10.00 US Superbikes 11.00 Premiership Years 1.00 US Superbikes 2.00 Powerboating 2.30 Moto Plus 3.00 Premiership Years 5.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Animal Rescue Live; (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 All Saints. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Lazy Town. (R) (T) 3.50 Skunk Fu! (T) 4.05 Mortified. (T) 4.30 The Story of Tracy Beaker. (R) (T) 5.00 Beat the Boss. (T) 5.25 Newsround. (T)

5.35 Neighbours. Pepper sets the nursery on fire in a bid to escape from Mary, while Paul learns his illness is life-threatening. Ned arrives back in Ramsay Street determined to atone for his sins. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Super Vets. The staff of the Royal Veterinary College perform life-saving surgery on a basset hound puppy named Arnie, and at London Zoo, Sauna the anteater is given X-rays for a bad back. (R) (T)
8.00 EastEnders. Ronnie and Roxy are left in the lurch at the Vic, and itís not long before they make an enemy. Peter gives Billy a hard time on the stall and Max grows increasingly agitated. (T)
8.30 Panorama. An investigation into the Internet sites that host videos of youngsters being bullied, attacked and knocked unconscious, and display these scenes as entertainment. Raphael Rowe examines the major British companies who advertise on these popular web pages and those who refuse to police their own online content to remove this kind of material. Jeremy Vine presents. (T)
9.00 Fight for Life. How the bodies of people in the prime of life respond to trauma, focusing on the cases of Charlotte, a woman with a congenital heart condition, who discovers she is pregnant after being told it is too dangerous for her to have a child and 26-year-old schoolteacher Rubinder, who was hit by a speeding car. Plus, the story of Nasa rocket engineer Scott, who is in need of a transplant after finding out he has an incurable liver disease. (T)
10.00 BBC News at Ten OiClock. (T)
10.30 Regional News; Weather. (T)
10.35 The Tower. Lol Gilbert faces the consequences of years of heroin abuse as his health begins to rapidly deteriorate and he is pushed farther over the edge when he discovers his friend Tony dead from an overdose. Grieving mother Cherie tries to repair her broken life, while Nessar struggles to cope with the pressure of preparing for her law exams. (T)
11.25 FILM: The Big Red One (1980). World War Two drama, with Lee Marvin; (T) Weatherview.
2.05 Sign Zone: The Big Day. (R) (T) 3.05 Sign Zone: The Tower. (T) 3.55 Sign Zone: Family Wanted. (R) (T) 4.25 BBC News 24. (T)

Pick of the Day

Diana: Last Days of a Princess (five, 9pm)
As controversial as Princess Diana was in her life, the theories, speculation and rumours that have surrounded her death far outweigh any publicity she could have sparked had she survived. A murder plot, a royal cover-up and a paparazzi infringement are among the many theories put forward as people have tried to make sense of her untimely demise. A year after her divorce from Prince Charles, Diana was pursuing her new-found freedom with vigour, and had begun a romance with Harrods heir Dodi Fayed. This docudrama charts the couplers last whirlwind days, as they enjoyed Fayedrs private jets, multi-million-pound yacht and endless entourages. It also includes interviews with Dodirs father, Mohamed Al Fayed; Kez Wingfield, a bodyguard present in Paris around the time of Dianars accident; and Myriah Daniels, Dodirs masseuse. So much has already been said about Dianars life, love and death, so what makes this particular version worth watching? Well, Myriah Daniels has never spoken publicly about her relationship with the pair before, and Kez Wingfieldrs only previous TV interview was given in 1988. The programme also includes sections of the Paget report, which was released after a four-year investigation by the Metropolitan Police. Will the show answer any of our burning questions? Most likely not, but it will give yet another fascinating insight into the peoplers beloved Princess.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Daily Cooks. (T) 2.59 London Weather. (T) 3.00 Dickinsonís Real Deal. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find the jackpot hidden inside one of a set of Golden Balls. The two surviving players face the choice of splitting the cash prize or trying to steal it all. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Rosemary steps up her plot against Perdy by hiding her beloved cat, while Carrie grows concerned about Scarlettís friendship with Kelly. Jasmine tells Pearl about Ericis deceit. (T)
7.30 Coronation Street. Steve reads Patís text messages, which reveal the truth about the Irish charmerís wife. Casey persuades Claire to attend a support group, then drops in on Ashley for another cosy chat. (T)
8.00 Grimebusters. New series following specialist clean-up teams in London. Dagenhamís graffiti removal unit face a nightmare scenario, while workers in Wapping tackle two tons of pigeon droppings. (T)
8.30 Coronation Street. Claire is feeling more positive after her support group meeting and tells Ashley he should attend the next one with her - unaware that just minutes earlier, her husband was in a clinch with Casey. A depressed Steve books himself a cheap holiday to Malta, leaving today - so an equally miserable Eileen invites herself along, giving Liz a surprise when she sees them leaving for the airport together. (T)
9.00 Rosemary & Thyme. The duo visit a resort in Spain to create a trophy garden for a pro-am tennis tournament run by a former champion. When one of the competitors is found dead, everyone assumes it to be a gruesome accident - but thereís more to the case than meets the eye. While investigating, Laura enters the mysterious world of bullfighting, and Rosemary rediscovers her love of motor scooters. Continuing the series from February 2006. (T)
10.00 Help Ím a Teen Mum. New series. Six young mothers embark on an intensive parenting course in a specially adapted house, with nannies and a psychotherapist teaching them the basics of looking after a child. (T)
10.30 ITV News; Weather. (T)
11.00 FILM: 48 Hours (1982). Comedy thriller, starring Nick Nolte. (T)
12.50 Make Your Play; (T) ITV News Headlines. 4.10 Costa Living. (R) (T) 4.30 Costa Living. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 Numberjacks. (R) (T) 7.15 Tommy Zoom. (R) (T) 7.30 In the Night Garden. (R) (T) 8.00 CBBC: Do Something Different. (T) 8.45 Mona the Vampire. (R) (T) 8.55 SMart. (R) (T) 9.25 Whatís New Scooby-Doo? (R) (T) 9.45 Really Wild Show. (R) (T) 10.10 Watch My Chops. (R) (T) 10.35 Even Stevens. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Munsters. (R) (T) (bw) 11.35 The Future Is Wild. (R) (T) 12.05 Top Cat. (R) (T) 12.30 Working Lunch. (T) 1.00 Wildlife on Two. (R) (T) 1.15 Animal Park. (T) 1.45 Living in the Sun. (R) (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (R) (T) 6.00 Animal Park: Wild on the West Coast. (T) 7.00 Heston Blumenthal: In Search of Perfection. Chef Heston Blumenthal transforms staple dishes. (R) (T) 7.30 Mastermind. Subjects include Claude Monet. (T) 8.00 University Challenge. Birmingham v St Andrews. (T) 8.30 Indian Food Made Easy. Firefighters are taught to cook a curry. (T) 9.00 India and Pakistan 07: India with Sanjeev Bhaskar. New series. A personal look at modern India. (T) 10.00 Have I Got Old News for You. Michael Buerk guest hosts. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Monsoon Railway: BBC Four on BBC Two. (T) 12.15 Monsoon Railway: BBC Four on BBC Two. (T) 1.05 Talking Movies. (T) 1.30 FILM: A Cottage on Dartmoor (1929). Silent thriller, starring Norah Baring. (T) (bw) 2.55 BBC News 24. 4.25 Close.

C4

6.05 The Hoobs. (R) (T) 6.30 The Hoobs. (R) (T) 6.55 Big Brotherís Little Brother. (R) (T) 7.55 Big Brother. (R) (T) 8.55 T4: Shipwrecked 2007: The Hutcam Diaries. (R) (T) 9.30 T4: The Simple Life: Interns. (R) (T) 9.55 T4: Friends. (R) (T) 10.25 T4: Friends. (R) (T) 10.55 T4: Shipwrecked 2007: Battle of the Islands. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.30 Seaside Secrets. (R) (T) 1.45 FILM: The Black Tent (1956). Romantic drama, starring Anthony Steel. (T) 3.30 Countdown. (T) 4.15 Win My Wage. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: If This Bed Could Talk. New series. The importance of temporary accommodation. (T) 8.00 Dispatches: Britainís Bad Housing. Andrew Gilligan investigates the role of private house-builders in Britain and raises concerns about the way in which they influence planning committees. (T) 9.00 Empireís Children. Jenny Eclair travels to Malaysia to discover the story behind graphic photographs her father had kept of dead Chinese communist terrorists in Malaya in the 1950s. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.05 TV Heaven, Telly Hell. (T) 11.35 Star Stories. (R) (T) 12.10 Dizzee Rascal: Bow Selector. (R) (T) 12.55 Big Brother Live. 2.30 FILM: Cobb (1994). Baseball biopic, starring Tommy Lee Jones. (T) 4.40 Red Bull Air Race. (R) (T)

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.20 When I Grow Up. (R) (T) 6.25 Oswald. (R) (T) 6.40 Peppa Pig. (R) (T) 6.45 Hi-5. (T) 7.20 Hanaís Helpline. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Miss Spiderís Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 House Doctor. (R) (T) 9.30 Doctor, Doctor. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Charmed. (R) (T) 1.30 Russell Grantís Postcards. (R) (T) 1.35 FILM: The Morrison Murders (1996). Murder mystery, starring John Corbett. 3.25 five news update. 3.30 FILM: Perry Mason: The Case of the Silenced Singer (1990). Mystery, starring Raymond Burr. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Committed. (R) (T) 7.00 five news. (T) 7.15 Cricket on five. England v India. Mark Nicholas presents action from the fourth and penultimate day of the Second Test at Trent Bridge, where the teams continue the three-match series; (T) 7.15 five news update. 8.00 Diana and the Camera. The princessís relationship with the media; (R) (T) 8.00 five news at 9. 9.00 Diana: Last Days of a Princess. Docudrama, starring Genevieve OiReilly. (T) 11.00 FILM: Imaginary Heroes (2004). Premiere. Drama, starring Sigourney Weaver. (T) 1.00 NASCAR. 1.50 US PGA Golf. 2.40 Seniors Golf. 3.30 Boxing USA. 3.50 The Partygammon.com Million. 4.15 Rolex Grand American. 5.05 Adventure Triathlon. (R)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 PraÁa da Alegria 1300 News 1410 Prova de Amor 1515 SÚ Visto e Amigos 1715 Lingo 1800 Portugal em Directo 1905 O PreÃo Certo 2000 News 2100 Notas Soltas 2120 A HeranÁa êDe Ver„oí 2220 Paixıes Proibidas 2315 Film TBA 0115 Greys Anamotomy 0200 Film TBA
RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Di·rio de Sofia 1830 A FÈ dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Todos Contra o Chris 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Em Reportage, 2300 Roma 2345 Mundos 0030 noites da 2 0115 Discovery Hour 0215 Diga I‡ ExcelÍncia 0300 Eurodeputados 0330 Vida por Vida 0400 Sociedade Civil 0615 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 PÈ na Jaca 1900 Floribella 2000 News 2115 Chiquititas 2215 Paralso Tropical 2315 VinganÁa 0015 Desperate Housewives 0115 CSI Film TBA 0215 Sex and the City 0230 Sext and the City 0330 Olhar da Serpente
TVI
0700 Di·rio da Manha 1000 Vocí na TV 1300 News 1400 As Tardes da J´lia 1700 Quem Quer Ganah 1800 Morangos com AÁucar ñ FÈrias de Ver„o 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Desaparecido 0115 Film TBA 0300 Toca a Ganhar 0430 Que Loucura de Familia VII 0500 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Conning the Conmen 8.30 The Real Hustle 9.00 Honey Weíre Killing the Kids 10.00 EastEnders 10.30 The C Word: How We Came to Swear By It 11.30 Tittybangbang 12.00 Two Pints of Lager and a Packet of Crisps 12.30 Two Pints of Lager and a Packet of Crisps 1.00 The Real Hustle 1.30 Conning the Conmen 2.00 The C Word: How We Came to Swear By It 2.55 Tittybangbang 3.25 Two Pints of Lager and a Packet of Crisps 3.55 Two Pints of Lager and a Packet of Crisps 4.25 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 BBC Proms 2007 9.45 Sounds of the Seventies 10.00 Life on Mars 11.00 Time 12.00 The Cult Of 12.30 Indian School 1.00 Masterpieces of the East 1.30 BBC Proms 2007 3.45 Masterpieces of the East 4.15 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline USA 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Divas: Gone Bad 8.30 Breaking Up with Shannen Doherty 9.00 Film: Men in Black PG (1997) 10.55 Coronation Street 11.25 Coronation Street 11.55 Film: 8 Mile 15 (2002) 2.00 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Cold Case 2.00 Angel 3.00 Las Vegas 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: Blood Monkey 15 (2006) 10.45 99 Most Bizarre 11.45 Nip/Tuck 12.50 Weeds 1.25 Weeds 2.00 Star Trek: The Next Generation 2.50 Star Trek: The Next Generation 3.45 Greece Uncovered 4.35 Guilty! 5.00 Futurama: Welcome to the World of Tomorrow 5.10 Dream Team
UKTV Gold
1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 Film: Carry On Loving PG (1970) 4.15 Starstruck Classics 4.20 My Family 5.00 Dallas 6.00 Doctor Who 7.05 Film: Carry On Loving PG (1970) 9.00 The New Adventures of Old Christine 9.30 The New Adventures of Old Christine 10.00 Prison Break 11.00 Prison Break 12.00 Men Behaving Badly 12.35 The New Adventures of Old Christine 1.05 The New Adventures of Old Christine 1.35 Friday Night with Jonathan Ross 2.45 Doctor Who 3.35 Yes Minister 4.05 As Time Goes By 4.40 Merseybeat 5.35 Neighbours
TCM
1.35 The Belle of New York U (1952) 3.00 The VIPs U (1963) 5.05 Valley of the Kings U (1954) 6.35 North by Northwest PG (1959) 9.00 Arthur 15 (1981) 10.50 Gremlins 15 (1984) 12.50 Arena U (1953) 2.15 Teleshopping 2.35 The Comedians PG (1967)
The Disney Channel
Kidsí programmes from 7am, except: 8.00 Film: Cadet Kelly U (2002) Comedy, starring Hilary Duff.

MOVIES

Sky Movies Drama

6.00 In the Beginning 9.00 See Arnold Run 12 (2005) 10.45 Little Man Tate PG (1991) 12.35 Drama Close Up 1.05 In the Beginning 4.05 See Arnold Run 12 (2005) With Jurgen Prochnow. 5.50 The Top 10 Show 6.10 Ice Bound PG (2003) With Susan Sarandon. 8.00 Little Man Tate PG (1991) With Jodie Foster. 9.45 The New World 12 (2005) With Colin Farrell. 12.05 Passion of Mind 12 (2000) With Demi Moore. 1.55 The Temptations 3.25 The Third Miracle 15 (1999) 5.25 The Clinic PG (2004)

Sky Movies Comedy

7.15 The Silence of the Hams 15 (1993) 8.45 A Young Connecticut Yankee in King Arthurís Court PG (1994) 10.25 Just Friends 12 (2005) 12.05 The Man 12 (2005) With Samuel L Jackson. 1.30 A Young Connecticut Yankee in King Arthurís Court PG (1994) With Philippe Ross. 3.05 Bean PG (1997) With Rowan Atkinson. 4.40 The Full Monty 15 (1997) With Robert Carlyle. 6.15 Just Friends 12 (2005) With Ryan Reynolds. 8.00 Six Days, Seven Nights PG (1998) With Harrison Ford. 9.45 The Man 12 (2005) With Samuel L Jackson. 11.15 Bean PG (1997) With Rowan Atkinson. 12.50 Six Days, Seven Nights PG (1998) With Harrison Ford. 2.35 The Silence of the Hams 15 (1993) With Billy Zane. 4.05 A Young Connecticut Yankee in King Arthurís Court PG (1994)

Sky Movies Action

6.25 In the Line of Duty: Siege at Marion PG (1992) 8.15 Highlander II: The Quickening 15 (1990) 10.00 Conan the Barbarian 15 (1981) 12.20 The Terminator 15 (1984) With Arnold Schwarzenegger. 2.20 Kingdom of Heaven 15 (2005) With Orlando Bloom. 4.55 Highlander II: The Quickening 15 (1990) With Christopher Lambert. 6.40 Conan the Barbarian 15 (1981) With Arnold Schwarzenegger. 9.00 The Terminator 15 (1984) With Arnold Schwarzenegger. 10.50 Commando 18 (1985) With Arnold Schwarzenegger. 12.35 Kingdom of Heaven 15 (2005) With Orlando Bloom. 3.00 SS Doomtrooper 15 (2006) With Corin Nemec. 4.35 In the Line of Duty: Siege at Marion PG (1992)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcasting stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Polo 7.00 WWE: Bottom Line 8.00 Powerboating 8.30 Premiership Years 10.30 Live Test Cricket. England v India. 7.00 Wild Spirits 7.30 Live Speedway. An Elite League meeting. 9.30 Test Cricket 11.30 Speedway 1.30 Test Cricket 3.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Aerobics Oz Style 7.30 Ocean 8.00 Golf Night 11.00 Show Jumping 1.00 Football 3.00 Premiership Years 5.00 Show Jumping 6.00 Ocean 6.30 FEI Equestrian World 7.00 Football 9.00 Premiership Years 11.00 Football 1.00 World Motor Sport 3.30 Close

Sky Sports 3

7.00 Test Cricket 9.00 Football 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Powerboating 12.30 Rugby League 2.00 Ocean 2.30 Wild Spirits 3.00 Show Jumping 5.00 WWE: Raw 7.00 Live Winning Post. From Windsor, Uttoxeter and Galway. 9.00 Show Jumping 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE: Heat 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 8.00 World Touring Car Championship 9.00 Beach Volleyball 10.00 Womenís Football 11.15 International Football 12.30 Football 2.00 Cycling: Tour de France 3.00 Womenís Football 4.15 International Football 5.30 WATTS 6.00 World Touring Car Championship 7.00 World Superbikes 9.00 Motocross 9.30 Motocross 10.00 Fight Night UK 11.00 WATTS 11.30 Eurosport Buzz 12.00 Motorsports Weekend 12.30 Close

Sky Sports Xtra

6.00 Premiership Years 8.00 World Motor Sport 10.30 Wild Spirits 11.00 Ocean 11.30 FEI Equestrian World 12.00 Show Jumping 1.00 Ocean 1.30 Wild Spirits 2.00 Close

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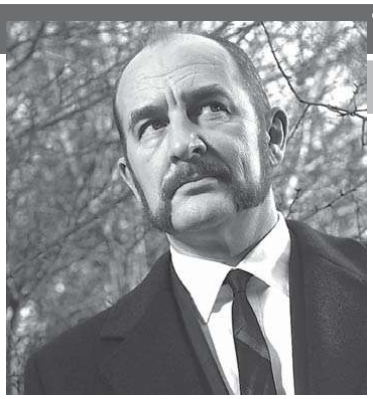
BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Animal Rescue Live; (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 All Saints. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Lazy Town. (R) (T) 3.50 Skunk Fu! (T) 4.05 Mortified. (T) 4.30 Roman Mysteries. (T) 5.00 MI High. (R) (T) 5.25 Newsround. (T)

5.35 Neighbours. Pepper suffers hallucinations after her ordeal with Mary comes to an end, while Karl jumps to conclusions when he learns Susan isnít at Lynís. Toadie encourages Steph to try nudism. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Roxy continues to pile up rubbish outside Ianís house and responds with a devious plan when he retaliates. Charlie grows suspicious when Sean finally hands over his rent money, Jane is concerned about Lucy after reading an entry from her diary and Tanya receives an unexpected phone call. (T)
8.00 Holby City. Abra begins clearing his desk after his suggestion of night ops is turned down by the CEO and Lord Byrneís health takes a turn for the worse when Joseph berates him for not seeing through Jac. Meanwhile, unease about Thandieís incompetence grows and Ric is confronted by his colleagues for defending her. (T)
9.00 Waking the Dead. Part one of two. The appeal of a man convicted of murder and mutilation forces Grace to question the decision she made on the case 30 years ago. To make matters worse, someone who appears to be copying his chilling tactics sends the team footage of a new victim having his finger cut off and threatens to kill him unless the forensic profiler admits she is wrong. Sue Johnston and Trevor Eve star. Concludes tomorrow. (R) (T)
10.00 BBC News at Ten OíClock. (T)
10.30 Regional News; Weather. (T)
10.35 You Canít Fire Me, Iím Famous. Jade Goody talks frankly to Piers Morgan about her appearance on Celebrity Big Brother, when her career was damaged by her apparent racial remarks toward Bollywood actress Shilpa Shetty. She discusses how she felt to be at the centre of a furore which grew to international proportions, and whether she believes she can regain her popularity with the British public in the aftermath of the affair. (T)
11.20 FILM: Keeping the Faith (2000). Comedy, starring Edward Norton; (T) Weatherview.
1.25 Sign Zone: Fight for Life. (R) (T) 2.25 Sign Zone: True Dare Kiss. (R) (T) 3.25 Sign Zone: Family Wanted. (R) (T) 3.55 BBC News 24. (T)



Pick of the Day

Cape Wrath (C4, 10pm)
Maybe itπs the fact that his facial hair is modelled so closely on dear old Seth from Emmerdalеπs, or perhaps itπs his tendency to jump on peopleπs heads while wearing football boots, but thereπs something about Wintersgill that the residents of Meadowlands just donπt trust. He is frustrated when he informs the residents of Jackπs apparently mysterious past at a meeting, but key members of the community fail to believe his story. Meanwhile, Zoe gets a shock when she discovers the handymanπs corpse and Evelyn begs York not to tell Danny about the results of the test. This dark and disturbing table or suburban life gone horribly wrong is gathering pace and David Morrissey does a superb job holding things together in the central role. Whether this British offering becomes a must-watch series to rival the best American imports, or is dismissed as silly fare and mentally filed alongside Twin Peaks, remains to be seen. Itπs certainly gathering plenty of fans, who all have their own ideas about whatπs really going on behind the seemingly perfect fa¡ade of the witness protection village.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Daily Cooks. (T) 2.59 London Weather. (T) 3.00 Dickinsonís Real Deal. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find the jackpot hidden inside one of a set of Golden Balls. The two surviving players face the choice of splitting the cash prize or trying to steal it all. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Rosemary uses Perdyís obsession with finding the cat to increase her dosage of medication and the troubled stable owner is shocked to discover baby clothes in the attic. Carrie blocks Rodneyís attempts to employ Lexi as his secretary, while Pearl resorts to vandalism after Eric withholds her wages. (T)
7.30 Legacy of War. New series examining how those whose lives were affected by World War Two coped with the aftermath of the conflict. Alistair Stewart finds out about the reconstruction of London, damaged during the Blitz, and American journalist Walter Cronkite returns to the courtroom in Nuremberg from where he reported on the Nazi war trials in 1945. (T)
8.00 Guarding the Queen. The Grenadiers practise Trooping the Colour alongside their rivals the Coldstream Guards. But when the day arrives, the public grandeur of the ceremony is in stark contrast to the experiences of the regimentís fighting soldiers. Out in Afghanistan, theyíre facing the Taliban. Last in series. (T)
9.00 FILM: Two Weeks Notice (2002). Romantic comedy, starring Sandra Bullock as a lawyer tired of being under-appreciated by demanding boss Hugh Grant. With Alicia Witt and Dana Ivey. Continues after the news. (T)
10.30 ITV News; Weather. (T)
11.00 FILM: Two Weeks Notice (2002). Concluded. (T)
11.30 Bouncers. More real-life stories from the frontline of nightclub life. The Manchester doormen have their work cut out as the cityís gay Mardi Gras festival reaches fever pitch, with some of the punters partying a little too hard, while in Batley, the Frontier security men try to enforce the clubís zero-tolerance drug policy. (T)
12.00 Make Your Play; (T) ITV News Headlines. 4.10 Doves: In Profile. (R) (T) 4.35 Good Charlotte: In Profile. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 Numberjacks. (R) (T) 7.15 Tommy Zoom. (R) (T) 7.30 In the Night Garden. (R) (T) 8.00 CBBC: Do Something Different. (T) 8.45 Mona the Vampire. (R) (T) 8.55 SMart. (R) (T) 9.25 Whatís New Scooby-Doo? (R) (T) 9.45 Really Wild Show. (R) (T) 10.10 Watch My Chops. (R) (T) 10.35 Even Stevens. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Munsters. (R) (T) (bw) 11.35 The Future Is Wild. (R) (T) 12.05 Top Cat. (R) (T) 12.30 Working Lunch. (T) 1.00 Wildlife on Two. (T) 1.15 Animal Park. (T) 1.45 Living in the Sun. (R) (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (R) (T) 6.00 Animal Park: Wild on the West Coast. (T) 7.00 The Truth About Food. How to widen childrenís culinary horizons. (R) (T) 8.00 Coast. A journey around East Angliaís shoreline sees Neil Oliver explore the site of an abandoned Cold War experiment, while Nicholas Crane examines the causes of local flooding. (T) 9.00 Saira Khanís Pakistan Adventure. Part one of two. The Apprentice runner-up examines Pakistani life. (T) 10.00 Sensitive Skin. Davina helps Ed and Cheryl. Last in series. (T) 10.30 Newsnight; Weather. (T) 11.20 FILM: The Ipcress File (1965). Espionage thriller. Michael Caine stars. (T) 1.05 FILM: Pulp (1972). Comedy thriller, starring Michael Caine. (T) 2.35 BBC News 24. 3.55 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Just Shoot Me. (R) (T) 7.25 Big Brotherís Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Shipwrecked 2007: The Hutcam Diaries. (R) (T) 9.30 T4: The Simple Life: Interns. (R) (T) 10.00 T4: Friends. (R) (T) 10.30 T4: Friends. (R) (T) 10.55 T4: Shipwrecked 2007: Battle of the Islands. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.30 How Clean Is Your House? (R) (T) 2.00 Channel 4 Racing from Glorious Goodwood. Including the 2.50 Gordon Stakes (1m 4f). (T) 4.15 Win My Wage. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: If This Bed Could Talk. Homeless teenagers talk about their experiences. (T) 8.00 The River Cottage Treatment. Takeaway lovers learn how to cook the organic way. Last in series. (R) (T) 9.00 Big Brother. Highlights of the latest goings-on. (T) 10.00 Cape Wrath. Wintersgill informs the residents of Jackís mysterious past at a community meeting, and Zoe discovers the handymanís corpse while out running. (T) 11.05 Derren Brown: Trick of the Mind. (R) (T) 11.35 iTunes Festival: London. (R) (T) 12.10 Premier League Poker. 1.10 Big Brother Live. 3.25 Freesports on 4. (R) (T) 4.20 KOTV. (T) 4.45 FIA World Touring Car Championship. 5.15 FIVB Beach Volleyball.

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.20 When I Grow Up. (R) (T) 6.25 Oswald. (R) (T) 6.40 Peppa Pig. (R) (T) 6.45 Hi-5. (T) 7.20 Hanaís Helpline. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Miss Spiderís Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 House Doctor. (R) (T) 9.30 Doctor, Doctor. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Charmed. (R) (T) 1.30 Russell Grantís Postcards. (R) (T) 1.40 FILM: Murder 101 (2006). Premiere. Murder mystery, starring Dick Van Dyke. 3.25 five news update. (T) 3.30 FILM: Flowers for Algernon (2000). Drama, starring Matthew Modine. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Committed. (R) (T) 7.00 five news. (T) 7.15 Cricket on five. England v India. Mark Nicholas presents highlights from the fifth and final day of the Second Test at Trent Bridge, Nottingham, where the teams continue the three-match series; (T) 7.15 five news update. 8.00 Charles and Di - The Wedding: Revealed. The inside story of the marriage ceremony; (T) 8.00 five news at 9. 9.00 CSI: Miami. A celebrity is found dead. (T) 10.00 CSI: NY. The team investigate the death of a runner; (R) (T) five news update. 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Crime Scene Academy. (R) (T) 12.30 The Great Wales Run. 1.20 ITU Triathlon. 2.10 Qashqai Urban Challenge. 2.35 Ironman Australia. 3.25 Motorsport Mundial. 3.50 Boxing Classic. (R) 4.40 Dutch Football. (R)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 PraÁa da Alegira 1300 News 1410 Prova de Amor 1515 SÙ Visto e Amigos 1715 Lingo 1800 Portugal Em Directo 1905 O PreÁo Certo 2000 News 2100 Centro de Sa¨de 2130 A HeranÁa ëDe Ver„oí 2230 Paixıes Proibidas 2315 Film TBA 0115 Greys Anatomy 0200 Film TBA 0400 Telesales 0605 NÙs
RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim, Amor 1600 Zig Zag 1700 National Geographic 1815 Di·rio de Sofia 1830 A fÊ Dos Homens 1900 2010 1945 Zig Zag 2045 Todos Contas o Chris 2115 National Geographic 2200 News 2240 ER 2330 Animais Como nÙs 0030 Noites da 2 0115 Discovery Hour 0215 C„mara Clara 0315 2010 0400 Sociedade Civil 0615 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 PÈ na Jaca 1900 Floribella 2000 News 2115 Chiquititas 2215 ParalÌso Tropical 2315 VinganÁa 0015 Desperate Housewives 0115 CSI Las Vegas 0215 Sex and the City 0330 Olhar da Serpente
TVI
0700 Diario Da Manha 1000 VocÌ na TV 1300 News 1400 As Tardes da J¨lia 1700 Quem Quer Ganha 1800 Morangos com AÁucar 2000 News 2115 Olha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Nip / Tuck II 0115 Film TBA

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Spendaholics 9.00 Last Man Standing 10.00 EastEnders 10.30 Family Guy 10.50 Family Guy 11.15 Last Man Standing 12.10 Two Pints of Lager and a Packet of Crisps 12.40 Two Pints of Lager and a Packet of Crisps 1.10 Spendaholics 2.05 Two Pints of Lager and a Packet of Crisps 2.35 Two Pints of Lager and a Packet of Crisps 3.05 Honey Weíre Killing the Kids 4.05 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Proms on Four 2007 9.40 Sounds of the Seventies 10.00 Life on Mars 11.00 The Book Quiz 11.30 Film: The Spirit of the Beehive PG (1973) 1.05 The Truth About Len Deighton 2.05 Proms on Four 2007 4.15 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline USA 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 101 Sexiest Celebrity Bodies 9.00 Victoria Beckham: Coming to America 10.00 Film: 8 Mile 15 (2002) 12.10 Big Day 12.40 Film: Runaway Bride PG (1999) 2.35 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Cold Case 2.00 Angel 3.00 Las Vegas 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Killer Wave 9.00 The 4400 10.00 Road Wars 11.00 Street Wars 12.00 Nip/Tuck 1.00 Weeds 1.30 Weeds 2.00 Star Trek: The Next Generation 2.50 Star Trek: The Next Generation 3.40 Greece Uncovered 4.30 Guilty! 4.55 Footballersí Pads 5.10 Dream Team
UKTV Gold
1.00 Alistair McGowanís Big Impression 1.10 Last of the Summer Wine 1.50 Keeping Up Appearances 2.30 Film: Carry On at Your Convenience PG (1971) 4.20 My Family 5.00 Dallas 6.00 Doctor Who 7.00 Alistair McGowanís Big Impression 7.10 Film: Carry On at Your Convenience PG (1971) 9.00 New Tricks 10.20 Jonathan Creek 11.25 Men Behaving Badly 12.00 New Tricks 1.00 Friday Night with Jonathan Ross 2.00 Keeping Up Appearances 2.30 My Family 3.00 The Bill 3.50 Fantasy Island 4.40 Merseybeat 5.35 Neighbours
TCM
1.15 Father of the Bride U (1950) 3.00 The Brothers Karamazov PG (1958) 5.40 Bad Day at Black Rock PG (1955) 7.10 Seven Faces of Dr Lao PG (1964) 9.00 The Hunger 18 (1983) 11.10 Dr Jekyll and Mr Hyde PG (1931) 1.00 The Hook PG (1962) 2.50 Teleshopping 3.10 Bhowani Junction PG (1956)
The Disney Channel
Kidsí programmes from 7am, except: 8.00 Film: Stepsister from Planet Weird PG (2000) Family comedy, starring Courtnee Draper.

MOVIES

Sky Movies Drama

7.00 Diggityís Treasure PG (2001) 8.50 The Story of an African Farm PG (2004) 10.45 Miss Lettie and Me U (2002) 12.35 A Marriage of Convenience PG (1998) With Jane Seymour. 2.25 Diggityís Treasure PG (2001) With Andrew McCarthy. 4.15 The Story of an African Farm PG (2004) With Richard E Grant. 6.10 Miss Lettie and Me U (2002) With Mary Tyler Moore. 8.00 Crash 15 (2004) With Matt Dillon. 10.00 The Cotton Club 15 (1984) With Richard Gere. 12.15 The Trigger Effect 15 (1996) With Kyle MacLachlan. 2.00 The Temptations 3.35 Our America 15 (2002) 5.15 A Marriage of Convenience PG (1998)

Sky Movies Comedy

6.00 Woo 15 (1998) 7.40 A Very Brady Sequel 12 (1996) 9.20 Scary Movie 4 15 (2006) 11.00 Life 15 (1999) With Eddie Murphy. 1.00 Woo 15 (1998) With Jada Pinkett Smith. 2.40 Bewitched PG (2005) With Nicole Kidman. 4.40 A Very Brady Sequel 12 (1996) With Shelley Long. 6.20 The Wedding Singer PG (1998) With Adam Sandler. 8.00 Scary Movie 4 15 (2006) With Anna Faris. 9.50 Office Space 15 (1999) With Ron Livingston. 11.40 Life 15 (1999) With Eddie Murphy. 1.35 The Wedding Singer PG (1998) With Adam Sandler. 3.15 The Most Fertile Man in Ireland 15 (2000) 4.55 Bewitched PG (2005)

Sky Movies Action

6.20 In the Line of Duty: Smoke Jumpers PG (1996) 8.05 Dragon Dynasty 12 (2006) 9.50 Frozen with Fear 15 (2000) 11.45 Four Brothers 15 (2005) With Mark Wahlberg. 1.45 The Phantom 12 (1996) With Billy Zane. 3.40 Dragon Dynasty 12 (2006) With Federico Castelluccio. 5.25 Murder at 1600 15 (1997) With Wesley Snipes. 7.15 The Phantom 12 (1996) With Billy Zane. 9.00 Four Brothers 15 (2005) With Mark Wahlberg. 10.50 Highlander III: The Sorcerer 15 (1994) With Christopher Lambert. 12.40 Sexual Appetite 18 (2005) With Aria. 2.10 Domino 15 (2005) With Keira Knightley. 4.30 In the Line of Duty: Smoke Jumpers PG (1996)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Show Jumping 7.00 WWE: Afterburn 8.00 Wild Spirits 8.30 Premiership Years 10.30 Live Test Cricket. England v India. 7.00 Foot Brazil 7.30 Live Greyhound Racing. The Sussex Cup. 10.00 Premiership Years 12.00 Test Cricket 2.00 Foot Brazil 2.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Aerobics Oz Style 7.30 Ocean 8.00 Show Jumping 9.00 Ocean 9.30 FEI Equestrian World 10.00 World Motor Sport 12.30 Speedway 2.30 FEI Equestrian World 3.00 Premiership Years 5.00 World Pool Masters 6.00 Challenge Tour Golf 6.30 Ginetta Championship 7.00 Live Athletics. The Celtic Cup. 9.00 Challenge Tour Golf 9.30 Foot Brazil 10.00 Poker 11.00 Challenge Tour Golf 11.30 Foot Brazil 12.00 Athletics 2.00 Poker 3.00 Close

Sky Sports 3

7.00 Test Cricket 9.00 Speedway 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Show Jumping 1.00 TBA 2.00 Ocean 2.30 World Motor Sport 5.00 WWE: Smackdown 7.00 Rally Fever 8.00 Test Cricket 10.00 Sports Unlimited 11.00 TBA 12.00 Beach Volleyball 1.00 Sports Unlimited 2.00 Rally Fever 3.00 Close

British Eurosport

7.30 WATTS 8.00 Eurosport Buzz 8.30 Champ Car 9.30 euroCRASH! 10.00 Motorsports Weekend 10.30 Football 12.00 World Touring Car Championship 1.00 Champ Car 2.00 Snooker 4.00 Football 5.30 World Superbikes 6.30 MotoGP 7.30 Boxing 8.00 Live Boxing. Giacobbe Fragomeni v Vincenzo Rossitto. 10.00 World Touring Car Championship 10.30 World Rally Championship 11.30 Football 12.30 Close

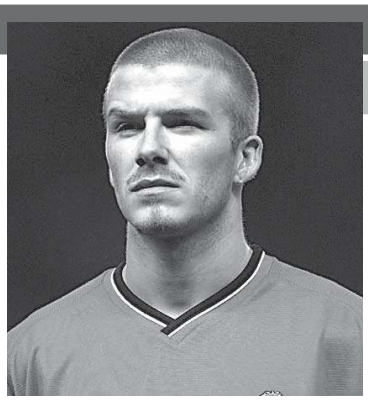
Sky Sports Xtra

4.00 Ocean 4.30 Aerobics Oz Style 5.00 TBA 6.00 Premiership Years 8.00 World Pool Masters 9.00 Beach Volleyball 10.00 Rally Fever 11.00 Ocean 11.30 Ginetta Championship 12.00 Thinking Tackle 1.00 Ocean 1.30 Ginetta Championship 2.00 Close

BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Animal Rescue Live; (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 All Saints. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Lazy Town. (R) (T) 3.50 Skunk Fu! (T) 4.05 Mortified. (T) 4.30 The Story of Tracy Beaker. (R) (T) 5.00 Only in America. (R) (T) 5.25 Newsround. (T)

5.35 Neighbours. Rachel and Zeke behave badly in Tomís class at school in a misguided attempt to show their support for Karl. Paul meets a streetwise teenager, who encourages him to seek revenge on Elle before he dies, while Charlotteís efforts to seduce Frazer fall flat. (R) (T)
6.00 BBC News. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Out-Take TV. Anne Robinson presents another raid through the archives, showcasing more hilarious blunders and mishaps. Featuring embarrassing clips of Little Britain stars David Walliams and Matt Lucas fumbling their lines in moments they hoped would be consigned to the cutting-room floor. (R) (T)
8.00 The National Lottery Jet Set 2012. Eamonn Holmes hosts an Olympic-themed series of the quiz in which hopeful contestants battle it out for the chance to win a luxury round-the-world trip. Includes the Dream Number draw from Lottery HQ with guest Roger Black. (T)
8.30 Vet Safari. Shaun and Emma Rambert pursue a white rhino but are held up when their daughter needs a nappy change in the wild, and Phoebe looks set to have a bedroom for the first time in her life as work on the home nears completion. As the family move into their new house, word soon gets around thereís a vet in the area, and a poisoned lynx is in need of treatment. (T)
9.00 Waking the Dead. Part two of two. The team work out the identity of the killer - an old acquaintance of Tony Greenís from prison who is harbouring a grudge against Grace. She decides to confront him personally, but gets more than she bargained for when she stumbles on the kidnap victim. Detective drama, starring Trevor Eve and Sue Johnston. (R) (T)
10.00 BBC News at Ten OiClock. (T)
10.30 Regional News; Weather. (T)
10.35 The National Lottery Draws. Jenni Falconer sets the balls rolling to decide the all-important Thunderball and Lotto numbers. (T)
10.45 FILM: High Crimes (2002). Thriller, starring Ashley Judd; (T) National Lottery Update and Weatherview.
12.35 Sign Zone: Coast. (R) (T) 1.35 Sign Zone: Mary, Queen of Shops. (R) (T) 2.35 Sign Zone: Paris. (R) (T) 3.35 Sign Zone: Family Wanted. (R) (T) 4.05 BBC News 24. (T)



Pick of the Day

David Beckham¹s Soccer USA (five, 7.15pm)
If thereπs anything you donπt know about Americaπs new football league, so-called Major League Soccer, this weekly magazine programme will soon put you right. It takes an indepth look at the game in the States to coincide with David Beckhamπs move to LA Galaxy, where the star will try to raise the profile of the worldπs most popular sport in a country where it is still relatively unknown. Huge stars like Pele, Bobby Moore, Franz Beckenbauer and Rodney Marsh tried ã and failed ã to get the game going in the US in the 1970s, but will Becks have any more joy? In this second instalment, the former England captain provides all the latest news and gossip from another week in the US, including highlights of the game against top Mexican team, Club Deportivo Guadalajara. CD Guadalajara are one of the biggest teams in Mexico and will be a big challenge for Beckhamπs new side. The match forms a part of the inaugural SuperLiga, a competition between four MLS clubs and four Mexican Premier League sides. But how will Englandπs very own football legend fair?

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Daily Cooks. (T) 2.59 London Weather. (T) 3.00 Dickinsonís Real Deal. (T) 4.00 Rosemary & Thyme. (R) (T)
5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside Golden Balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Chas wakes up to find the man she spent the night with is dead - and an opportunistic Lexi steals his wallet. Matthew warns Perdy about Rosemary, while the factory workers strike. (T)
7.30 Coronation Street. Eileen and Steve arrive in Malta, but struggle to find somewhere to stay - and when they eventually do, discover that not only are they sharing a room, theyíre also sharing a bed. However, things are soon looking up for Eileen when holiday rep Aidan (Robin Askwith) takes a shine to her. Back in Weatherfield, Casey continues to come between the Peacocks, while at the restaurant Leanne and Paul enjoy their most successful lunchtime so far. (T)
8.00 The Bill. Larry Franks withdraws his confession to the murder of supermodel Cindy Statham and Jo reopens the case, convinced they have the wrong man in custody. Crime scene photographer Rachel Inns helps her work late into the night re-examining the evidence. Mickey investigates a smash-and-grab raid on a jewellery shop and ends up arresting an old friend, Mod cafe owner Jerry Harper, whose daughter owns the scooter used as a getaway vehicle. (T)
9.00 Wire in the Blood. The suffocation of an elderly woman proves the prelude to a string of similar killings - and makes Tony wonder whether respected psychologist Jonathan Goode (Michael Maloney), whose work he regards with something akin to hero-worship, could be involved. As events unfold, it begins to seem increasingly likely that his idol not only has feet of clay, but may also be dangerously unbalanced. Last in series. (T)
10.30 ITV News; Weather. (T)
11.00 Sally Morgan: Star Psychic. TV presenter Brian Dowling receives a visit from Sally, who also calls on interior designer Meg Mathews in her Primrose Hill home, and provides a reading for punk-rock band Towers of London on the top deck of a famous red Routemaster bus. (T)
12.00 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 Numberjacks. (R) (T) 7.15 Tommy Zoom. (R) (T) 7.30 In the Night Garden. (R) (T) 8.00 CBBC: Do Something Different. (T) 8.45 Mona the Vampire. (R) (T) 8.55 SMart. (R) (T) 9.25 Whatís New Scooby-Doo? (R) (T) 9.45 Really Wild Show. (R) (T) 10.10 Watch My Chops. (R) (T) 10.35 Even Stevens. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Future Is Wild. (R) (T) 11.35 FILM: Odd Man Out (1947). Atmospheric thriller, starring James Mason. (T) (bw) 1.30 Working Lunch. (T) 2.00 Hands on Nature. (R) (T) 2.30 Living in the Sun. (R) (T) 3.15 Escape to the Country. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (R) (T) 5.15 Weakest Link. (R) (T) 6.00 Animal Park: Wild on the West Coast. (T) 7.00 The Hairy Bikersí Cookbook. Part two of two. The duo sample extremes of cuisine in Hanoi. (R) (T) 7.30 Oz and Jamesís Big Wine Adventure. The pair visit an oyster farm in Montpellier. (R) (T) 8.00 Dragonsí Den: Where Are They Now? Revisiting the designer of the Foldio. (T) 9.00 Heroes. Hiro embraces his destiny. (T) 9.45 Heroes Unmasked. Interview with Hayden Panettiere (Claire Bennet). (T) 10.00 Best of Little Miss Jocelyn. New series. Compilation of sketches from the show. (T) 10.30 Newsnight; Weather. (T) 11.20 Hyperdrive. (R) (T) 11.50 FILM: Hell Drivers (1957). Taut melodrama, starring Stanley Baker. (T) (bw) 1.35 FILM: Clash by Night (1963). Prison escape drama, starring Peter Sallis. (T) 2.50 BBC News 24. (T) 4.05 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Just Shoot Me. (R) (T) 7.25 Big Brotherís Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Shipwrecked 2007: The Hutcam Diaries. (R) (T) 9.30 T4: The Simple Life: Interns. (R) (T) 10.00 T4: Friends. (R) (T) 10.30 T4: Friends. (R) (T) 10.55 T4: Shipwrecked 2007: Battle of the Islands. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.30 How Clean Is Your House? (R) (T) 2.00 Channel 4 Racing from Glorious Goodwood. Including the 3.30 BGC Sussex Stakes (1m). (T) 4.30 Win My Wage. (T) 5.15 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: If This Bed Could Talk. The suffering of domestic violence victims. (T) 8.00 Location, Location, Location. Kirstie Allsopp and Phil Spencer head to Chelmsford where they hope to find a #1million home for an entrepreneur and his wife, and help a couple with a more stringent budget. (T) 9.00 Big Brother. The latest action. (T) 10.00 Brothers & Sisters. Part one of two. Justin receives a chilling letter. (T) 11.00 Will & Grace. (T) 11.30 Sugar Rush. (R) (T) 12.00 The Friday Night Project. (R) (T) 1.05 Festival Postcards: Global Gathering. (T) 1.20 Big Brother Live. 4.05 The Bernie Mac Show. (R) (T) 4.25 Richard & Judy. (R) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.20 When I Grow Up. (R) (T) 6.25 Oswald. (R) (T) 6.40 Peppa Pig. (R) (T) 6.45 Hi-5. (T) 7.20 Hanaís Helpline. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Miss Spiderís Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 House Doctor. (R) (T) 9.30 Doctor, Doctor. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Charmed. (R) (T) 1.30 FILM: Jenifer (2001). Emotional drama, starring Laura San Giacomo. (T) 3.25 five news update. (T) 3.30 FILM: Hart to Hart: Crimes of the Hart (1994). Light-hearted mystery, starring Robert Wagner. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Committed. (R) (T) 7.00 five news. (T) 7.15 David Beckhamís Soccer USA. Including highlights of Los Angeles Galaxy v CD Guadalajara; (T) 7.15 five news update. (T) 8.00 Diet Doctors: Inside and Out. A 22-year-old woman who has a fast-food diet; (R) (T) 8.00 five news at 9. 9.00 FILM: Hudson Hawk (1991). Bitterly disappointing comedy adventure, starring Bruce Willis as a cat burglar out to commit the crime of the century. With Andie MacDowell, Danny Aiello and Richard E Grant. Includes five news update at 9.55. (T) 11.00 Crimes That Shook the World. 12.00 Poker World Open III. (T) 1.30 Major League Baseball. 4.25 Race and Rally UK. 4.50 V8 Supercars. 5.35 The Partygammon.com Million. (R)

LOCAL

RTP1
0630 Bom dia Portugal 1000 PraÁa da Alegria 1300 News 1410 Prova de Amor 1515 SÚ Visto e Amigos 1715 Lingo 1800 portugal em Idrecto 1905 O PreÁo Certo 2000 News 2100 Em Reportagem 2120 O Planeta Agradece 2130 A HeranÁa de Ver„o 2315 To Die For, film 0115 Greys Anatomy 0200 Film TBA 0400 Telesales
RTP2
0700 euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim, Amor 1600 Zig Zag 1700 National Geographic 1815 Di·rio de Sofia 1830 a FÉ dos Homens 1900 Biosfere 1945 Zig Zag 2045 Todos Contra o Chris 2115 national Geographic 2200 News 2240 24 2315 Bastidores 2330 Clube de Jornalistas 0030 Noites da 2 0115 Discovery Hour 0215 Consigo 0245 Bastidores 0315 Biosfera 0400 Soceidade Civil 0600 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 PÉ na Jaca 1900 Floribella 2000 News 2115 Chiquititas 2215 Paralso Tropical 2315 VinganÁa 0015 Shark 0115 CSI Las Vegas 0215 Sex and the City 0330 Olhar da Serpente
TVI
0700 Diario Da Manha 1000 Vocí na TV 1300 News 1400 As Tardes da J´lia 1700 Que Quer Ganha 1800 Morangos com AÁucar ñ FÉrias de Ver„o 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Teatro: MemÚria da Agua 0230 Toca a Ganhar 0345 TVI Negocios 0400 O Portector IV 0500 Telesakes

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Pranks Galore! 9.00 Sex - with Mum and Dad 10.00 Heroes 10.40 The Real Hustle 11.10 Last Man Standing 12.10 Two Pints of Lager and a Packet of Crisps 12.40 Two Pints of Lager and a Packet of Crisps 1.10 Pranks Galore! 2.10 The Real Hustle 2.35 Two Pints of Lager and a Packet of Crisps 3.05 Two Pints of Lager and a Packet of Crisps 3.35 Close
BBC4
7.00 World News Today 7.30 Wainwrightís Walks 8.00 Life in the Freezer 8.30 Life in the Freezer 9.00 Ian Rankinís Hidden Edinburgh 10.00 Reichenbach Falls 11.20 Wainwrightís Walks 11.50 Tina Brown Talks to Kirsty Wark 12.20 Ian Rankin Investigates: Dr Jekyll and Mr Hyde 1.20 Ian Rankinís Hidden Edinburgh 2.20 Reichenbach Falls 3.40 Wainwrightís Walks 4.10 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline USA 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Builders from Hell 9.00 Film: Runaway Bride PG (1999) 11.10 Coronation Street 11.40 Katie & Peter: The Baby Diaries 12.40 Benicassim Music Festival 1.40 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Cold Case 2.00 Angel 3.00 Las Vegas 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Project Runway 9.00 Standoff 10.00 Law & Order 11.00 Bones 12.00 Nip/Tuck 1.00 Weeds 1.30 Weeds 2.00 Star Trek: The Next Generation 2.50 Star Trek: The Next Generation 3.40 Greece Uncovered 4.30 Guilty! 4.55 Footballersí Pads 5.10 Dream Team
UKTV Gold
1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 Film: Carry On Donít Lose Your Head PG (1966) 4.10 My Family 4.50 Alistair McGowanís Big Impression 5.00 Dallas 6.00 Doctor Who 7.00 Film: Carry On Donít Lose Your Head PG (1966) 8.50 Alistair McGowanís Big Impression 9.00 Dalziel & Pascoe 11.00 Men Behaving Badly 11.40 Men Behaving Badly 12.15 Two Pints of Lager and a Packet of Crisps 12.55 Two Pints of Lager and a Packet of Crisps 1.35 Keeping Up Appearances 2.10 Friday Night with Jonathan Ross 3.10 Miss Marple 4.15 Merseybeat 5.05 Neighbours 5.35 Neighbours
TCM
1.20 Gun Glory U (1957) 3.00 The Gang That Couldnít Shoot Straight PG (1971) 4.45 Summer Stock U (1950) 7.15 Ask Any Girl U (1959) 9.00 Maybe Baby 15 (2000) 11.00 The Getaway 18 (1972) 1.15 Tick Tick Tick PG (1970) 2.50 Teleshopping 3.10 Brotherly Love 15 (1969)
The Disney Channel
Kidsí programmes from 7am

MOVIES

Sky Movies Drama

6.50 The End of Eden PG (1996) 8.35 Role of a Lifetime PG (2001) 10.35 Canít Be Heaven PG (1999) 12.25 Desperate Rescue 12 (1992) With Mariel Hemingway. 2.15 Role of a Lifetime PG (2001) With Scott Bakula. 4.15 Flight 93 12 (2006) With Jeffrey Nordling. 5.55 The Top 10 Show 6.15 Desperate Rescue 12 (1992) With Mariel Hemingway. 8.00 North Country 15 (2005) With Charlize Theron. 10.10 Flight 93 12 (2006) With Jeffrey Nordling. 11.45 Bee Season 12 (2005) With Richard Gere. 1.35 Outrage 15 (1998) With Rob Lowe. 3.10 The Runner 15 (1999) 4.50 The End of Eden PG (1996)

Sky Movies Comedy

6.40 If Only 15 (2004) 8.30 The Brady Bunch in the White House 12 (2002) 10.15 Man of the House 12 (2005) 12.00 In Her Shoes 12 (2005) With Cameron Diaz. 2.15 The Adventures of Baron Munchausen PG (1989) With John Neville. 4.25 Guess Who 12 (2005) With Ashton Kutcher. 6.15 If Only 15 (2004) With Jennifer Love Hewitt. 8.00 The Brady Bunch in the White House 12 (2002) With Shelley Long. 9.40 The Top 10 Show 10.00 In Her Shoes 12 (2005) With Cameron Diaz. 12.15 Man of the House 12 (2005) With Tommy Lee Jones. 2.00 Ií Gonna Git You Sucka 15 (1988) With Keenen Ivory Wayans. 3.35 Guess Who 12 (2005) 5.25 The Adventures of Baron Munchausen PG (1989)

Sky Movies Action

6.15 Volcano: Fire on the Mountain PG (1997) 8.00 Bet Your Life 15 (2004) 9.45 Chill Factor 15 (1999) 11.30 Run 15 (1990) With Patrick Dempsey. 1.15 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 3.15 Bet Your Life 15 (2004) With Sean Carrigan. 5.00 Chill Factor 15 (1999) With Cuba Gooding Jnr. 6.45 Action & Thriller Close Up 7.15 Run 15 (1990) With Patrick Dempsey. 9.00 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 10.45 Running Scared 18 (2006) With Paul Walker. 12.50 When the Sky Falls 18 (1999) With Joan Allen. 2.40 City of Industry 18 (1997) With Harvey Keitel. 4.30 Volcano: Fire on the Mountain PG (1997)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

SPORT

Sky Sports 1

6.00 Poker 7.00 WWE: Heat 8.00 Foot Brazil 8.30 Premiership Years 10.30 PGA EuroPro Tour Golf 12.30 Athletics 2.30 PGA EuroPro Tour Golf 4.30 Live Cricket. Hampshire Hawks v Nottinghamshire Outlaws. 10.00 FIFA Futbol Mundial 10.30 Premiership Years 12.30 Total Rugby 1.00 Poker 2.00 Total Rugby 2.30 FIFA Futbol Mundial 3.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Aerobics Oz Style 7.30 Ocean 8.00 Athletics 10.00 Poker 11.00 Beach Volleyball 12.00 World Pool Masters 1.00 Rally Fever 2.00 Poker 3.00 Premiership Years 5.00 Challenge Tour Golf 5.30 FIFA Futbol Mundial 6.00 Show Jumping 6.30 Total Rugby 7.00 Sailing 7.30 European Tour Weekly 8.00 PGA EuroPro Tour Golf 10.00 Total Rugby 10.30 European Tour Weekly 11.00 Transworld Sport 12.00 PGA EuroPro Tour Golf 2.00 European Tour Weekly 2.30 Close

Sky Sports 3

7.00 Challenge Tour Golf 7.30 Ginetta Championship 8.00 World Pool Masters 9.00 Test Cricket 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Sports Unlimited 1.00 TBA 2.00 Ocean 2.30 Ginetta Championship 3.00 World Pool Masters 4.00 Sports Unlimited 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Race World 8.00 World Ten Pin Masters 9.00 Show Jumping 9.30 Sailing 10.00 Watersports World 11.00 TBA 12.00 World Ten Pin Masters 1.00 Race World 2.00 Watersports World 3.00 Close

British Eurosport

7.30 Yoz Magazine 8.00 World Touring Car Championship 8.30 Beach Soccer 9.30 Goooooal! 10.00 International Football 11.00 Strongest Man 12.00 World Touring Car Championship 12.30 Motocross 1.00 Motocross 1.30 Motocross 2.00 Snooker 4.30 Olympic Magazine 5.00 Wednesday Selection 5.05 Show Jumping 6.05 Riders Club 6.10 Wednesday Selection 6.15 US PGA Golf 7.15 European Tour Golf 7.45 Ladies European Tour Golf 8.45 Golf Club 8.50 Sailing 9.50 Yacht Club 9.55 Polo 10.25 Wednesday Selection 10.30 Mountain Biking 11.00 Champ Car 12.00 Olympic Magazine 12.30 Close

Sky Sports Xtra

3.00 Beach Volleyball 4.00 Ocean 4.30 Aerobics Oz Style 5.00 TBA 6.00 Premiership Years 8.00 FIFA Futbol Mundial 8.30 Total Rugby 9.00 Max Power 10.00 Thinking Tackle 11.00 Ocean 11.30 Irish Greyhound Racing 12.00 Max Power 1.00 Ocean 1.30 Irish Greyhound Racing 2.00 Show Jumping 2.30 Close

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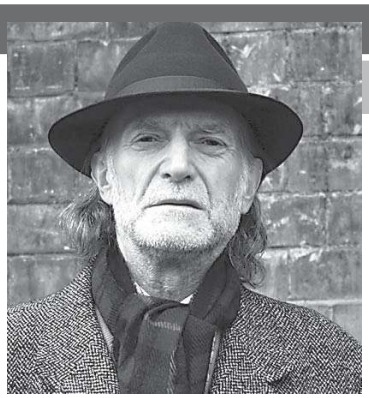
BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Animal Rescue Live; (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 All Saints. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Lazy Town. (R) (T) 3.45 Bernard. (R) 3.50 Skunk Fu! (T) 4.05 Mortified. (T) 4.35 Dinosapien. (T) 5.00 MI High. (R) (T) 5.25 Newsround. (T)

5.35 Neighbours. Sky reacts violently when Terrence is exposed as a fraudster, while Frazer confesses the truth about his past to Rosetta. Boyd is surprised to learn Toadie has moved into No 32. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Tanya is racked with guilt when she fails to track down Rainie, but her errant sister turns up before the day is out. Lucy plays up after realising Jane has read her diary. Craig puts a proposition to Roxy that leads the Mitchell sisters into an embarrassing situation at the Bealesí house. (T)
8.00 The Big Day. Psychiatric nurse Stacey Bray and Police Constable Jason Mather dream of marrying on a Caribbean beach, but canít find the time due to their hectic work schedules. With a guest list of more than 200 people and a budget of just #7,000, Hannah Sandling, James Love and the coupleís families step in to make the dream happen, and have one week to transform a local theme parkís Big Top into a tropical paradise. Last in series, presented by Nick Knowles. (T)
9.00 True Dare Kiss. Stan torments Nita and leaves her convinced sheis going mad as his plan comes to fruition. Meanwhile, Dennis cracks after spending the night in the porch and crashes a digger into the house. Nash arrives to find gushing water and goes down to the cellar in search of a stopcock - while the family are confronted by a face from the past. Last in series, starring Paul Hilton and Pooky Quesnel. (T)
10.00 BBC News at Ten OiClock. (T)
10.30 Regional News; Weather. (T)
10.35 Drop Dead Gorgeous. New comedy drama series, written by Carmel Morgan. Awkward 15-year-old Ashley steals the limelight from her beautiful twin sister Jade when she is spotted by a model scout. As her star ascends in the cut-throat world of modelling, family and friends struggle with the fallout. Sinead Moynihan, Linzey Cocker, Kathryn Hunt, Connor McIntyre and Lee Boardman star. (T)
11.35 FILM: Black Dog (1998). Action thriller, starring Patrick Swayze; (T) Holiday Weather.
1.00 Sign Zone: Panorama. (R) (T) 1.30 Sign Zone: The Alastair Campbell Diaries. (R) (T) 2.30 Sign Zone: Peter and Dan Snow: 20th Century Battlefields. (R) (T) 3.30 Sign Zone: Family Wanted. (R) (T) 4.00 BBC News 24. (T)



Pick of the Day

True Dare Kiss (BBC1, 9pm)
Itπs the final episode of this drama, and thereπs nowhere left for the family members to hide as skeletons long hidden away come tumbling out of the closet. Stan continues to make his preparations as his children try to come to terms with his sudden reappearance. Phil is too preoccupied with her fatherπs return to think about what she needs to do next, while her dad begins to torment Nita, by appearing outside her house and taunting her on the telephone. Beth and Phil decide to send Alice to find out what he is up to, but when Beth is left alone with Kaz, sheπs forced to face some uncomfortable truths as her husband confronts her about his so-called accident. Meanwhile, Dennisπs agoraphobia becomes too much and he jumps into a JCB and crashes it into the house on Smyrna Grove, in a desperate attempt to get inside. Nash arrives to assess the scale of the damage and Nita, Phil Beth and Alice take off in hot pursuit of Dennis. But they have more to worry about than a semi-destroyed property when Stan decides itπs time to reveal all about the familyís past.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Daily Cooks. (T) 2.59 London Weather. (T) 3.00 Dickinsonís Real Deal. (T) 4.00 Rosemary & Thyme. (T)

5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside Golden Balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Carrie throws Lexi out of Dale View after discovering the stolen wallet, but the younger sister refuses to leave the village and takes a job at the Woolpack. Pearl and Lisa spell out their demands to Eric, while David urges his father to capitulate and bring the strike to an end. (T)
7.30 Luton Airport. Staff welcome the first scheduled plane from Romania and duty officer Pat Sammon comes to the aid of an elderly woman struggling to make her flight to Poland. A family head for Bulgaria to renovate their new home, while passenger services agent Marta leaves to visit relatives in Cordoba. (T)
8.00 The Bill. Concern grows for Joís safety when she fails to show up for work and further study of the videotape made by Larry Franks yields vital clues to the killerís identity. A frantic search begins for the missing DC when Beth discovers the evidence Rachel was examining has been stolen from the station store - and the culprit makes a break for freedom carrying a gun and ammunition. (T)
9.00 Blue Murder. First episode of the drama series, starring Caroline Quentin as detective and single mother Janine Lewis, who fears she will struggle to balance her responsibilities as she returns to work following maternity leave. However, she soon gets back into the swing of things as she investigates the murder of a lap-dancer - who just happened to work for a man involved in a hit-and-run accident. Ian Kelsey co-stars. (R) (T)
10.30 ITV News; Weather. (T)
11.00 News Knight with Sir Trevor McDonald. (R) (T)
11.35 David Gestís Playlist. The American TV producer chats about his musical taste with presenter Jayne Middlemiss and chooses five tracks that represent the soundtrack of his life. He selects a song from his past, present and future before making a dedication to someone special and revealing his all-time favourite. (T)
12.00 Glitterball; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 Numberjacks. (R) (T) 7.15 Tommy Zoom. (R) (T) 7.30 In the Night Garden. (R) (T) 8.00 CBBC: Do Something Different. (T) 8.45 Mona the Vampire. (R) (T) 8.55 SMart. (R) (T) 9.25 Whatís New Scooby-Doo? (R) (T) 9.45 Really Wild Show. (R) (T) 10.10 Watch My Chops. (R) (T) 10.35 Even Stevens. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Munsters. (R) (T) (bw) 11.35 The Future Is Wild. (R) (T) 12.05 Top Cat. (R) (T) 12.30 Working Lunch. (T) 1.00 Live Golf: The Womenís British Open. Coverage of the opening round from St Andrews. (T) 5.15 Weakest Link. (R) (T) 6.00 Animal Park: Wild on the West Coast. (T) 7.00 Building Britain. New series. Redevelopment in Leeds and Bradford. (T) 7.30 The Museum. An image of a Hindu goddess is crafted for a festival. Last in series. (T) 8.00 Dragonsí Den: Where Are They Now? Update on former contestants. Last in series. (T) 9.00 Mock the Week. With Jo Caulfield and Adam Hills. (T) 9.30 Hyperdrive. York gets the sack. (T) 10.00 Still Game. Boabby and Stevie vie for a pizza girlís affection. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Heroes. Hiro jumps at the chance to embark on a quest to save the world. Niki is led into the desert by a sinister force and Claire attempts to restore normality after a tragic date. (R) (T) 12.05 FILM: Following (1998). Thriller, starring Jeremy Theobald. (T) (bw) 1.15 FILM: The Scarlet Thread (1951). Crime thriller, starring Maxwell Reed. (T) (bw) 2.30 BBC News 24. (T) 4.00 Close.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Frasier. (R) 7.25 Big Brotherís Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Shipwrecked 2007: The Hutcam Diaries. (R) (T) 9.30 T4: The Simple Life: Interns. (R) (T) 10.00 T4: Friends. (R) (T) 10.30 T4: Friends. (R) (T) 10.55 T4: Shipwrecked 2007: Battle of the Islands. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.30 How Clean Is Your House? (R) (T) 2.00 Channel 4 Racing from Glorious Goodwood. Including the 3.25 ABN Amro Goodwood Cup (2m). (T) 4.15 Win My Wage. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: If This Bed Could Talk. Former prisoners discuss life behind bars. Last in series. (T) 8.00 How Clean Is Your House? Update on a farming couple in Kent. (T) 8.30 Itís Me or the Dog. An over-protective American bulldog. (T) 9.00 Big Brother. The completion of the weekly task. (T) 10.00 My Name Is Earl. Earl and Randy spend a week in a commune. Guest starring Christian Slater. (T) 10.30 Americaís Deadliest Prison Gang. (T) 11.35 Editors: Video Exclusive. (T) 11.40 The IT Crowd. (R) (T) 12.10 4Music: Road to V 2007. (T) 12.30 4Music: 4Play: Newton Faulkner. (T) 12.45 Big Brother Live. 3.40 Editors: Video Exclusive. (R) (T) 3.45 Dispatches: Britainís Bad Housing. (R) (T) 4.35 The Insider. (R) (T) 5.05 Richard & Judy. (R)

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.25 Oswald. (R) (T) 6.40 Peppa Pig. (R) (T) 6.45 Hi-5. (T) 7.20 Hanaís Helpline. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Miss Spiderís Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 House Doctor. (R) (T) 9.30 Doctor, Doctor. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Charmed. (R) (T) 1.30 Russell Grantís Postcards. (R) (T) 1.45 FILM: A Lawless Street (1955). Western, starring Randolph Scott. (T) 3.15 five news update. (T) 3.25 FILM: Butch and Sundance: The Early Days (1979). Western prequel. Tom Berenger and William Katt star. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Committed. (R) (T) 7.00 five news. (T) 7.15 Ultimate Wedding Makeover. A groom who wants to change his pecs, nose and teeth; (R) (T) 7.15 five news update. 8.00 Build a New Life in the Country - Was It Worth It? Update on a project in Cornwall that led to a coupleís divorce. Last in series; (T) 8.00 five news at 9. 9.00 House. Foreman confronts his past. (T) 10.00 Shark. Mobsters become the suspects in a murder case. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 Quiz Call. 4.00 European Drag Racing. 4.30 NHRA Drag Racing.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 PraÁa da Alegria 1300 News 1410 Prova de Amor 1515 SÚ Visto e Amigos 1715 Lingo 1800 Portugal em Directo 1905 O PreÁo Certo 2000 News 2100 A HeranÁa de Ver„o 2200 Paixoes Proibidas 2250 Debate da NaÂ„o 2350 Film TBA 0130 Greys Anatomy 0200 Film TBA 0430 Telesales
RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Di·rio de Sofia 1830 A FÉ dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Todos Contra o Chris 2145 National Geographic 2200 News 2240 My Name is Earl 2330 Animais Como NÚs 0030 Noites da 2 0130 Roma 0230 Iniciativa 0415 Sociedade Civil 0545 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 PÉ na Jaca 1900 Floribella 2000 News 2115 Chiquititas 2215 Paraìso Tropical 2315 VinganÁa 0015 CSI New York 0115 CSI Las Vegas 0245 Sex in the City 0315 Film TBA
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Tarde de Julia 1700 Quem Quer Ganha 1800 Morangos Com AÁucar 2000 News 2115 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0100 Escritorio 0200 Cartaz das Artes 0230 Toca a Ganhar 0345 TVI Negocios 0400 Protector IV 0445 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.50 Doctor Who Confidential 8.00 Honey Weire Killing the Kids 9.00 Spendaholics 10.00 EastEnders 10.30 The Visit 11.00 The C Word: How We Came to Swear By It 12.00 Two Pints of Lager and a Packet of Crisps 12.30 Two Pints of Lager and a Packet of Crisps 12.55 The Visit 1.25 The C Word: How We Came to Swear By It 2.25 Spendaholics 3.20 Doctor Who Confidential 3.30 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Time Shift 8.10 The Avengers 9.00 Atom 10.00 The Book Quiz 10.30 Lead Balloon 11.00 Ian Rankinís Hidden Edinburgh 12.00 Atom 1.00 Lead Balloon 1.30 The Book Quiz 2.00 Ian Rankinís Hidden Edinburgh 3.00 Atom 4.00 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline USA 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Film: Twins PG (1988) 10.00 Film: A Perfect Murder 15 (1998) 12.10 101 Sexiest Celebrity Bodies 1.10 Glitterball: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Cold Case 2.00 Angel 3.00 Las Vegas 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Las Vegas 10.00 Cold Case 11.00 Cold Case 12.00 Nip/Tuck 1.05 Weeds 1.40 Weeds 2.15 Star Trek: The Next Generation 3.05 Star Trek: The Next Generation 3.55 Greece Uncovered 4.45 Guilty! 5.10 Dream Team
UKTV Gold
1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 Only Fools and Horses 3.40 My Family 4.20 My Family 5.00 Dallas 6.00 Film: Carry On Again, Doctor PG (1969) 7.50 Alistair McGowanís Big Impression 8.00 The New Adventures of Old Christine 8.30 The New Adventures of Old Christine 9.00 The Catherine Tate Show 9.40 Only Fools and Horses 11.00 Men Behaving Badly 11.35 Prison Break 12.35 Prison Break 1.35 Friday Night with Jonathan Ross 2.40 The New Adventures of Old Christine 3.00 The New Adventures of Old Christine 3.25 Dallas 4.15 Merseybeat 5.10 Neighbours 5.35 Neighbours
TCM
3.00 Butterfield 8 PG (1960) 5.00 The Honeymoon Machine PG (1961) 6.40 Being There PG (1979) 9.00 GoodFellas 18 (1990) 11.30 Poltergeist 15 (1982) 1.20 Diner 15 (1982) 3.10 Teleshopping 3.25 Haunted Honeymoon PG (1940)
The Disney Channel
Kidsí programmes from 7am, except: 8.00 Film: Get a Clue U (2002) Childrenís adventure, starring Lindsay Lohan.

MOVIES

Sky Movies Drama

6.25 Deep Family Secrets PG (1997) 8.00 The Sign of Four PG (2001) 9.40 Her Own Rules PG (1998) 11.10 The Wood Cap PG (2003) With William H Macy. 12.50 The Sign of Four PG (2001) With Matt Frewer. 2.25 The Constant Gardener 15 (2005) With Ralph Fiennes. 4.40 Her Own Rules PG (1998) With Melissa Gilbert. 6.20 The Wool Cap PG (2003) With William H Macy. 8.00 The Constant Gardener 15 (2005) With Ralph Fiennes. 10.15 Boys 15 (1996) With Winona Ryder. 11.45 Cousins 15 (1989) With Ted Danson. 1.45 A Cry in the Dark 15 (1988) With Meryl Streep. 3.50 A Separate Peace 12 (2004) 5.25 Deep Family Secrets PG (1997)

Sky Movies Comedy

7.35 Project: ALF PG (1996) 9.20 Sgt Bilko PG (1996) 11.05 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 12.50 The Air Up There PG (1994) With Kevin Bacon. 2.50 The Ice Harvest 15 (2005) With John Cusack. 4.30 Project: ALF PG (1996) With Miguel Ferrer. 6.30 Sgt Bilko PG (1996) With Steve Martin. 8.00 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 9.40 The Ice Harvest 15 (2005) With John Cusack. 11.15 Drop Dead Fred 15 (1991) With Rik Mayall. 1.05 Meatballs 15 (1979) With Bill Murray. 2.55 Private Parts 18 (1997) With Howard Stern. 4.55 The Air Up There PG (1994)

Sky Movies Action

6.15 Terminal Error PG (2001) 8.00 The Haunting of Helen Walker 15 (1995) 9.45 Above Suspicion 15 (2000) 11.30 Night Falls on Manhattan 15 (1997) With Andy Garcia. 1.30 The Peacemaker 15 (1997) With George Clooney. 3.35 The Haunting of Helen Walker 15 (1995) With Valerie Bertinelli. 5.15 Above Suspicion 15 (2000) With Scott Bakula. 7.00 Night Falls on Manhattan 15 (1997) With Andy Garcia. 9.00 Eraser 18 (1996) With Arnold Schwarzenegger. 11.00 The Peacemaker 15 (1997) With George Clooney. 1.05 Switchback 15 (1997) With Dennis Quaid. 3.05 Back in Business 18 (1997) 4.45 Terminal Error PG (2001)

SPORT

Sky Sports 1

6.00 Total Rugby 6.30 European Tour Weekly 7.00 WWE: Experience 8.00 FIFA Futbol Mundial 8.30 Premiership Years 10.30 FIFA Futbol Mundial 11.00 Total Rugby 11.30 European Tour Weekly 12.00 Live European Tour Golf. The Russian Open. 3.00 FIFA Futbol Mundial 3.30 Total Rugby 4.00 Premier League World 4.30 Live Football. Lazio v Arsenal (Kick-off 5.30pm) and Ajax v Atletico Madrid (Kick-off 7.45pm). 10.00 Premier League World 10.30 Premiership Years 12.30 Football 2.30 Premier League World 3.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Aerobics Oz Style 7.30 Ocean 8.00 Watersports World 9.00 Ocean 9.30 Sailing 10.00 World Ten Pin Masters 11.00 Race World 12.00 World Ten Pin Masters 1.00 Poker 2.00 Race World 3.00 Premiership Years 5.00 WWE: Heat 6.00 Motor Racing 7.00 Live Golf Night. The Bridgestone Invitational. 11.00 European Tour Golf 12.00 IAAF Athletix Weekly 12.30 ATP Tennis 1.00 Golf Night 5.00 European Tour Golf

Sky Sports 3

8.30 Show Jumping 9.00 Race World 10.00 Transworld Sport 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 TBA 2.00 Ocean 2.30 Irish Greyhound Racing 3.00 Watersports World 4.00 Sports Adventure 4.30 Live Cricket. Essex Eagles v Worcestershire Royals. 10.00 WWE: Late Night - Raw 12.00 Extreme Championship Wrestling 1.00 Rugby League 3.30 Close

British Eurosport

7.30 Show Jumping 8.30 International Football 9.30 Show Jumping 10.00 World Superbikes 11.00 MotoGP 12.00 World Rally Championship 1.00 Strongest Man 2.00 Snooker 4.00 Live Swimming. The Paris Open. 6.00 Football 7.00 Boxing 9.00 Rallying 9.30 World Rally Championship 10.00 MotoGP 11.00 World Rally Championship 11.30 Fight Night UK 12.30 Close

Sky Sports Xtra

3.30 Show Jumping 4.00 Ocean 4.30 Sailing 5.00 TBA 6.00 Sports Adventure 6.30 ATP Tennis 7.00 IAAF Athletix Weekly 7.30 Live Rugby League. Leigh Centurions v Widnes Vikings (Kick-off 7.35pm). 10.00 Motor Racing 11.00 TBA 12.00 Poker Week 12.30 Sports Adventure 1.00 Ocean 1.30 Poker Week 2.00 Close

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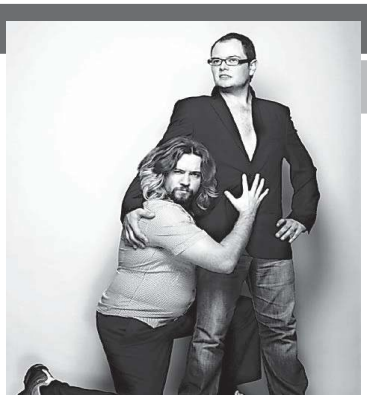
BBC1

6.00 Breakfast. (T) 9.15 To Buy or Not to Buy. (R) (T) 10.00 Animal Rescue Live; (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 All Saints. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Lazy Town. (R) (T) 3.50 Skunk Fu! (T) 4.05 Mortified. (T) 4.30 The Story of Tracy Beaker. (R) (T) 5.00 Only in America. (R) (T) 5.25 Newsround. (T)

5.35 Neighbours. Charlotte kills Terrence, but Sky looks set to take the blame. Carmella struggles to resist temptation, while Paul tries to ruin Elle and Oliverís business plans. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 My Family. Janey is horrified when Susan visits her at the universityís halls of residence and tries to relive her student days. Benís round of golf with his old friend Gerald turns into a disaster, and Nick reveals his latest money-making venture. (R) (T)
8.00 EastEnders. Tanya gives Rainie an ultimatum - take the money and run, or stay and accept her help. Roxy and Ronnie are delighted with the information they overhear at the Bealesí, but Ian and Jane realise whatís happened. Lucy heads for more trouble when Craig shows his true colours. (T)
8.30 DIY SOS. Nick Knowles travels to Nottingham to help the Erasmus family complete work on their kitchen. Dad Phil doesnít really know where to start, which makes life difficult when caring for his son Lewis, who has a digestive problem. Using high-tech contemporary lighting, the team create a modern diner. (T)
9.00 The Royle Family: The Queen of Sheba. One-off episode. Nearly seven years have passed since Baby Davidís christening, but Jim is still picking his nose and setting the world to rights from his armchair. Nana is now the centre of attention after moving in and Antony is a successful businessman. Denise is pregnant again and sporting fancy hair extensions, while Cheryl is still trying to lose weight and looking for love. Caroline Aherne, Craig Cash and Ricky Tomlinson star. (R) (T)
10.00 BBC News at Ten OíClock. (T)
10.30 Regional News; Weather. (T)
10.35 FILM: Ace Ventura: Pet Detective (1993). Uproarious comedy, starring Jim Carrey. (T)
11.55 FILM: Bring Me the Head of Mavis Davis (1997). Comedy, starring Rik Mayall; (T) Weatherview.
1.35 BBC News 24. (T)



Pick of the Day

The Friday Night Project (C4, 10.30pm)
From beautiful actress Mischa Barton, to comedy genius David Walliams, Justin Lee Collins and Alan Carr have been treated to many stars since they began this hilarious entertainment show. Having dressed up with Chris Moyles and taken dance lessons with Paula Abdul, you have to wonder just what else the pair are going to put themselves through in the name of fun. In this instalment, itπs Absolutely Fabulous star Joanna Lumleyπs turn in the hot-seat, and you can be sure she will give the boys a run for their money. She will provide the opening monologue, before inviting Alan and Justin to delve deep into her unique celebrity world, including her comedy and drama achievments. The glamorous actress will then face a no-holds-barred question session from the studio audience, from which there will nowhere for her to hide, before participating in the comedy sketches and strands that have helped to make this show a hit. Sheπll also face the panel game Who Knows the Most about the Guest Host?, and will present Alanπs topical comedy news desk Friday Night News.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Daily Cooks. (T) 2.59 London Weather. (T) 3.00 Dickinsonís Real Deal. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the game show based on life-changing amounts of cash hidden inside Golden Balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Scarlett accompanies Kelly to the abortion clinic, but the model has second thoughts about going through with the termination. The Dingles return from Scarborough and are amused to hear of Chasís encounter with the dead man, while Dazís date with Penny is interrupted by an unwanted guest. (T)
7.30 Coronation Street. Steve is confused when he wakes up to find Eileen asleep next to him, especially as his companion says she canít remember what went on the night before. However, he perks up later when he meets sexy holiday-maker Shania - unaware she isnít all she seems. Back on the cobbles, the Peacocks realise the locals still suspect Claire of starting the fire, Sarah backs Jason into a corner regarding their wedding and Sophie dresses to impress Sallyís tutor John. (T)
8.00 London Ambulance! New series. On call with the London Ambulance Service. Paramedics Matt Purcell and James Bridger race to treat a cyclist who has sustained back injuries in a collision with a van. Elsewhere, a 13-year-old skateboarder is hit by a bus and a man collapses in north London for a very unusual reason.
8.30 Midsomer Murders. An amateur archaeologist publishes a book about his fatherís discovery of Celtic artefacts in an ancient mound, and plans a celebration on the site - but landowner Gareth Heldman is less than keen on the idea. While out walking, Joyce spots Heldman arguing with a woman, and hours later he winds up stabbed to death with an old weapon that bears a striking resemblance to the one found during the dig. John Nettles and John Hopkins star. (R) (T)
10.30 ITV News; Weather. (T)
11.00 Supernatural. Sam and Dean investigate the death of a college student who died in a car accident, and whose grave has been mysteriously surrounded by a circle of dead plants. Fantasy drama, starring Jensen Ackles and Jared Padalecki. (T)
12.00 Glitterball; (T) ITV News Headlines. 4.10 Mistresses. (R) (T) 4.30 Mistresses. (R) (T) 5.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Tweenies Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 Numberjacks. (R) (T) 7.15 Tommy Zoom. (R) (T) 7.30 In the Night Garden. (R) (T) 8.00 CBBC: Do Something Different. (T) 8.45 Mona the Vampire. (R) (T) 8.55 SMart. (R) (T) 9.25 Whatís New Scooby-Doo? (R) (T) 9.45 Really Wild Show. (R) (T) 10.10 Watch My Chops. (R) (T) 10.35 Even Stevens. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Munsters. (R) (T) (bw) 11.35 The Future Is Wild. (R) (T) 12.05 Top Cat. (R) (T) 12.30 Working Lunch. (T) 1.30 Live Golf: The Womenís British Open. Coverage of the second round from St Andrews. (T) 5.15 Weakest Link. (R) (T) 6.00 Live Athletics. The London Grand Prix. Sue Barker presents coverage from Crystal Palace as some of the worldís greatest athletes look to impress ahead of the forthcoming World Championships. (T) 9.00 India and Pakistan 07: Ganges. New series. The story of one of the worldís most influential rivers. (T) 9.50 India and Pakistan 07: When Auntie Went East. Jonathan Scott rummages through the BBCís natural history archives, exploring 60 years of wildlife filming in India and Pakistan. (T) 10.00 Grumpy Old Women. New series. Contributors including Ann Widdecombe, Germaine Greer, Janet Street-Porter, Jenny Eclair, Sheila Hancock and Arabella Weir grumble about how computers rule everyday life. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Mock the Week. (R) (T) 12.05 Soul Britannia. (T) 1.05 Kath & Kim. (R) (T) 1.35 Kath & Kim. (R) (T) 1.55 Star Trek. (R) (T) 2.45 Star Trek. (R) (T) 3.35 Close.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Frasier. (R) (T) 7.25 Big Brotherís Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 T4: Shipwrecked 2007: The Hutcam Diaries. (R) (T) 9.30 T4: The Simple Life: Interns. (R) (T) 10.00 T4: iTunes Festival: London. (T) 10.30 T4: Friends. (R) (T) 10.55 T4: Shipwrecked 2007: Battle of the Islands. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.30 How Clean Is Your House? (R) (T) 2.00 Channel 4 Racing from Glorious Goodwood. Including the 3.30 totesport Mile (Hícap) (1m). (T) 4.30 Win My Wage. (T) 5.15 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 The Insider. (T) 8.00 A Place in Spain: Costa Chaos. Dawn and Roccoís journey to their new home is a disaster. (T) 8.30 Big Brother. Davina McCall presents highlights of the past 24 hours in the house, then reveals the name of the next evictee. (T) 9.30 Star Stories. The comedy show presents its version of Tom Cruiseís story, providing an insight into how he was introduced to Scientology and the moment he met Nicole Kidman. (T) 10.00 Big Brother. Eviction interview. (T) 10.30 The Friday Night Project. (T) 11.35 Big Brotherís Big Mouth. 12.10 4Music: Linkin Park: Video Exclusive. (T) 12.15 4Music: The Album Chart Show. 12.45 4Music: 4Play: Ross Copperman. (R) (T) 1.00 Big Brother Live. 3.40 Linkin Park: Video Exclusive. (R) (T) 3.45 Goalissimo. 4.40 Transworld Sport. (R) (T) 5.25 Richard & Judy. (R)

FIVE

6.00 Milkshake!: Thomas & Friends. (R) (T) 6.10 Make Way for Noddy. (R) (T) 6.25 Oswald. (R) (T) 6.40 Peppa Pig. (R) (T) 6.45 Hi-5. (T) 7.20 Hanaís Helpline. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Miss Spiderís Sunny Patch Friends. (R) (T) 8.50 Insect Antics. (R) (T) 9.00 House Doctor. (R) (T) 9.30 Doctor, Doctor. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Charmed. (R) (T) 1.30 FILM: Bridesmaids (1989). Sentimental drama, starring Shelley Hack. (T) 3.30 five news update. (T) 3.35 FILM: Danielle Steelís Remembrance (1996). Melodrama, starring Angie Dickinson. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Committed. (R) (T) 7.00 five news. (T) 7.30 Built for the Kill. Desert predators and prey; (R) (T) 7.30 five news update. 8.00 Desert Giants: Austin Stevensí Adventures. Elephants cross the Namib Desert in south-west Africa; (R) (T) 8.00 five news at 9. 9.00 NCIS. Two sailors appear to have died of an overdose. (R) (T) 10.00 Law & Order. Van Buren orders Briscoe and Green to reinvestigate unsolved cases, starting with the murder of a teenager 20 years previously. Police drama, starring Jerry Orbach. (R) (T) 11.00 The Shield. (T) 12.05 Quiz Call. 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 PraÁa da Alegria 1300 News 1410 Prova de Amor 1515 So Visto e amigos 1715 Lingo 1800 Portugal em Directo 1900 O PreÁo Certo 2000 News 2100 Cuidado com a Lìngua 2115 Avenida Europa 2145 Contra 2215 A HeranÁa de Ver„o 2315 Film TBA 0115 Film TBA 0400 SÚ Visto 0500 Telesales
RTP2
0700 EuroNews 0715 Zig Zag 1000 Assembleia da Rep˙blica 1300 Zig Zag 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1715 National Geographic 1815 A FÈ dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Todos Conta o Chris 2115 National Geographic 2200 News 2240 Irm„os e Irm„s 2330 Vidas 0030 Noites da 2 0130 Bastidores 0200 Flip 0230 Arte & emoÁ„o 0300 Siciedade Civil 0430 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 PÈ na Jaca 1900 Floribella 2000 News 2115 Chiquititas 2215 Paraìso Tropical 2315 VinganÁa 0015 CSI Las Vegas 0114 Film TBA 0300 Sex and the City 0330 Polhar da Serpente
TVI
0700 Diario Da Manha 1000 VocÍ na TV 1300 News 1400 Mundialito de Futebol de Praia 1700 Quem Quer Ganha 1745 Morangos com AÁucar ñ Ferias de Ver„o 2000 News 2115 Euromilhoes 2130 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0030 Film TBA 0230 Encounters, film

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 The Real Hustle 8.30 Thieves Like Us 9.00 Little Britain 9.30 Gavin and Stacey 10.00 EastEnders 10.30 Pranks Galore! 11.30 The Real Hustle 12.00 Family Guy 12.20 Family Guy 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Two Pints of Lager and a Packet of Crisps 1.40 Gavin and Stacey 2.10 Thieves Like Us 2.40 The Real Hustle 3.10 Two Pints of Lager and a Packet of Crisps 3.40 Two Pints of Lager and a Packet of Crisps 4.10 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Britain in Pictures 8.00 Andrew Marrís History of Modern Britain 9.00 The Lost World of Red Robbo 9.30 Bruce Springsteen with The Sessions Band in Dublin 10.30 BBC Four Sessions 11.30 The Avengers 12.20 TV 1973 - The Defining Shows 1.20 Switch Off Something 2.00 The End of the Beginning? Me and the 3-Day Week 2.30 Dinner with Portillo 3.00 BBC Four Sessions 4.00 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline USA 5.45 Judge Judy 7.00 The New Adventures of Superman 8.00 Big Day 8.30 Americaís Got Talent 9.40 Americaís Got Talent: Results 10.40 Coronation Street 11.10 Benicassim Music Festival 12.10 Entourage 12.40 Entourage 1.10 Glitterball: ITV Play 4.00 Teleshopping 6.00 Close
Sky One
1.00 Cold Case 2.00 Angel 3.00 Las Vegas 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Futurama 9.00 A Town Called Eureka 10.00 Film: Blood Monkey 15 (2006) 11.45 Cold Case 12.45 Weeds 1.20 Weeds 1.50 Inside Britainís Worst Sleepwalker 2.40 Star Trek: The Next Generation 3.30 Star Trek: The Next Generation 4.20 Ultimate Superheroes 5.10 Dream Team 5.35 Malo Korrigan
UKTV Gold
1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 Film: Carry On England PG (1976) 4.10 My Family 4.50 Alistair McGowanís Big Impression 5.00 Dallas 6.00 The New Adventures of Old Christine 6.30 The New Adventures of Old Christine 7.00 Film: Carry On England PG (1976) 8.50 Alistair McGowanís Big Impression 9.00 Keeping Up Appearances 9.40 One Foot in the Grave 10.20 EuroMillions: Boom Bang a Bang 10.30 Film: Signs 12 (2002) 12.40 One Foot in the Grave 1.20 Friday Night with Jonathan Ross 2.25 Miss Marple 3.30 Dallas 4.40 Merseybeat 5.10 Neighbours 5.35 Neighbours
TCM
3.00 42nd Street U (1933) 4.40 The Happy Years U (1950) 6.35 Whatever Happened to Baby Jane? 18 (1962) 9.00 Absolute Power 15 (1997) 11.15 Blow-Up 15 (1966) 1.15 The Hunger 18 (1983) 2.50 Teleshopping 3.05 Presenting Lily Mars U (1943)
The Disney Channel
Kidsí programmes from 7am, except: 8.00 Film: Twitches U (2005) Fantasy adventure, starring Tia and Tamera Mowry.

MOVIES

Sky Movies Drama

7.00 Big Spender PG (2003) 8.50 Kissed by an Angel PG (2000) 10.50 Marilyn and Me PG (1991) 12.40 A Wing and a Prayer 15 (1998) With Claudia Christian. 2.25 Big Spender PG (2003) With Casper Van Dien. 4.15 Kissed by an Angel PG (2000) With Adam Trese. 6.15 Marilyn and Me PG (1991) With Susan Griffiths. 8.00 Jarhead 15 (2005) With Jake Gyllenhaal. 10.05 Stay 18 (2005) With Ewan McGregor. 11.50 The Butcherís Wife 15 (1991) With Demi Moore. 1.40 The Tie That Binds 18 (1995) With Daryl Hannah. 3.25 The Doctor 15 (1991) 5.30 Big Spender PG (2003)

Sky Movies Comedy

6.50 Theodore Rex PG (1995) 8.35 Two Much PG (1996) 10.35 Bring It On: All or Nothing 12 (2006) 12.20 The Sixth Man PG (1997) With Marlon Wayans. 2.20 Two Much PG (1996) With Antonio Banderas. 4.20 Confetti 15 (2006) With Martin Freeman. 6.15 Theodore Rex PG (1995) With Whoopi Goldberg. 8.00 Bring It On: All or Nothing 12 (2006) With Hayden Panettiere. 9.45 Confetti 15 (2006) With Martin Freeman. 11.30 Life 15 (1999) With Eddie Murphy. 1.30 The Most Fertile Man in Ireland 15 (2000) With Kris Marshall. 3.10 Scenes from a Mall 15 (1990) 4.50 The Sixth Man PG (1997)

Sky Movies Action

6.25 Frozen Impact PG (2002) 8.10 Captive 15 (1998) 9.55 The Escapist 15 (2001) 11.40 Deep Impact PG (1998) With Robert Duvall. 1.45 Captive 15 (1998) With Richard Grieco. 3.30 Frozen Impact PG (2002) With Stacy Keach. 5.15 The Escapist 15 (2001) With Jonny Lee Miller. 6.55 Deep Impact PG (1998) With Robert Duvall. 9.00 Lucky Number Slevin 18 (2006) With Josh Hartnett. 10.50 Flesh and Blood 18 (1985) With Jennifer Jason Leigh. 1.00 The Young Americans 18 (1993) With Harvey Keitel. 2.50 Hard Men 18 (1996) With Vincent Regan. 4.25 Frozen Impact PG (2002)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Premier League World 6.30 WWE: Raw 8.30 Premiership Years 10.30 ATP Tennis 11.00 Premier League World 11.30 IAAF Athletix Weekly 12.00 Live European Tour Golf. The Russian Open. 3.00 Premier League World 3.30 Motor Racing 4.30 Premier League World 5.00 Live Football. Shanghai Shenhua v Liverpool XI (Kick-off 5.30pm) and Feyenoord v FC Porto (Kick-off 7.45pm). 10.00 Friday Fight Night 12.00 Football 2.00 Friday Fight Night 4.00 Super League 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Golf Night 11.00 European Tour Golf 12.00 Poker Week 12.30 Premier League World 1.00 Football 3.00 Premiership Years 5.00 Rally World 5.30 Moto Plus 6.00 Tight Lines 7.00 Live Golf Night. The Bridgestone Invitational. 11.00 European Tour Golf 12.00 TBA 1.00 Golf Night 5.00 European Tour Golf

Sky Sports 3

6.00 Sports Adventure 6.30 Rugby League 9.00 Football 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Transworld Sport 1.00 TBA 2.00 Ocean 2.30 Poker Week 3.00 Transworld Sport 4.00 ATP Tennis 4.30 Poker Week 5.00 WWE: Raw 7.00 Rally World 7.30 Live Super League. Coverage of a crucial game. 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Super League 2.30 Tight Lines 3.30 Ocean 4.00 World Sport 4.30 Rally World 5.00 World Ten Pin Masters

British Eurosport

7.30 World Rally Championship 8.00 World Superbikes 9.00 MotoGP 10.00 World Rally Championship 10.30 Rallying 11.00 Live UEFA Champions League Draw. The draw for the third qualifying round. 11.30 Goooooal! 12.00 Live UEFA Cup Draw. The draw for the second qualifying round. 12.30 Football 1.15 Live Rallying. The opening day of the Intercontinental Rally Challenge from Portugal. 1.30 Snooker: The World Championship 3.00 Live Beach Volleyball. The menís A1 Klagenfurt Grand Slam quarter-finals. 4.00 Live Volleyball. Russia v China. 6.00 Live Athletics. The London Grand Prix. 9.15 Rallying 9.30 World Rally Championship 10.00 World Superbikes 11.00 World Rally Championship 11.30 Volleyball 12.30 Close

Sky Sports Xtra

12.30 Sports Adventure 1.00 ATP Tennis 1.30 Rugby League 4.00 Ocean 4.30 Aerobics Oz Style 5.00 TBA 6.00 Live Rugby Union. Blue Bulls v Pumas (Kick-off 6.10pm). 8.00 World Sport 8.30 Moto Plus 9.00 Tight Lines 10.00 Premiership Years 12.00 Rugby Union 2.00 Premiership Years 4.00 Rugby Union

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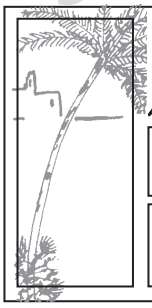

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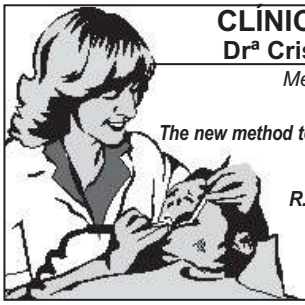

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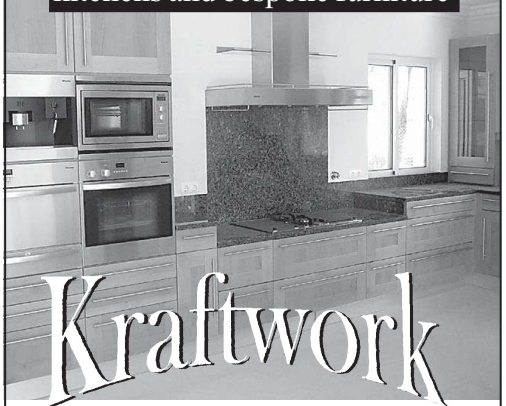

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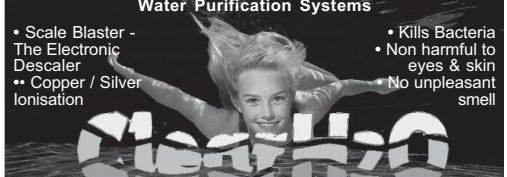

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The Same Old Story

Recently I read about a pastoral candidate at a particular church in the United States. Hoping the church would vote to invite him to come pastor their church, he prepared and preached an impressive sermon. Hearing him preach, the congregation felt that he understood and spoke to the deepest needs of their hearts. What he shared was exactly what their church life needed. Best of all, he was nothing like the pastor they had recently pressured to leave their little fellowship. The young man received a unanimous vote and was invited to become their new pastor. The people looked forward to hearing more from this talented preacher.

Moving his family to their town it was soon time for his first Sunday sermon. Everyone was a bit surprised when the young preacher gave the same sermon he had given when visiting several months earlier. They were even more surprised and confused when he preached it again the next week. After the third week of hearing exactly the same message, annoyance replaced confusion. The church leadership met with their new pastor demanding to know what was going on.

Undaunted by their questions and concerns, the young pastor answered the leadership confidently. Imagine their shock when he calmly responded; *"I know what I am doing. Trust me. When you start living out this sermon, I will go on to my next one."*

As I read the Old Testament I am amazed at how often God's chosen people turned away from Him, continually disobeying and following after false gods. I've read about God's punishment and yet I have seen His readiness to forgive over and over again. Their sinful lifestyles disgust me until God gently taps me on the shoulder and says, *"Look in the mirror, Joyce. Aren't you just like them?"*

Jesus' sermons when he walked this earth had a reoccurring theme. It should not surprise us that He wanted to be sure people understood what was required of them as His followers. The lifestyle and worldview Jesus taught was completely contrary to their way of thinking. It stood in stark contrast to even the teaching of the day's religious leaders. He spoke repeatedly about forgiveness, servanthood and unconditional mercy, love and grace.

In our Christian journey God cannot continue to share new and deeper truths with us until we obey what we have already heard from Him. No sermon or devotional reading is complete until it is put into practice.

"Do not merely listen to the word, and so deceive yourselves. Do what it says."
James 1:22

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page or email joycevoelker@hotmail.com

*NB. There will NOT be an Anglican Evening Service this August in Caldas da Rainha. The next English service there will take place on Sunday September 2nd 2007 at 6pm as usual.

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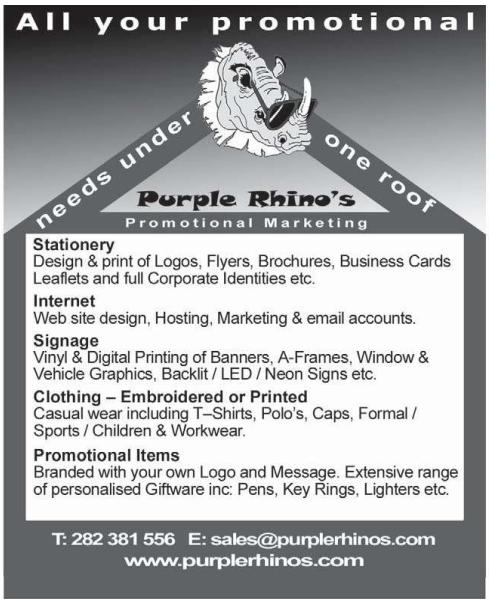

Letters, from p. 19

Conscience

SIR, I wrote this poem a few years ago with the idea of sending it to you for publication, as I'm sure that there are a lot of us 'old ones' with a certain amount of conscience now that they have time to reflect. I am one of those.

R.L. (not him, next village!)

I laze in the sun, while the world goes on by
I move my position, and gaze at the sky
Perhaps it's me, and I'm just thinking a while
I reflect on my life, and give a wry smile

The things from the past, keep knocking me down
They fire me with guilt, round and around
And they hit where it hurts, in the soul that's not there
and I murmur alone, what I did, wasn't fair

The ghosts from the past haunt me, night until day
A smouldering conscience keeps gnawing away
I'm so sorry right now, was it really all me,
Does this demon appear, then suddenly flee?

So I pretend it's not me, if it eases the pain
But I know in my heart, it was, ...once again
Is that other me so cruel, could it really be?
As though I was blind, it didn't happen, you see!
Was I so different then, was I terribly cruel
Did the others not count, while I was playing the fool
As I look back now, would I change any, you bet!
And I wouldn't be filled with this ache, and regret

Now I'm an old man, and my loved ones are gone
I regret and regret, but it keeps going on'
The repeat of remorse keeps pounding my heart
I'll live it again, and again, til the final depart

If you're reading this now, don't do as I did
Blame it on what happened when you were a kid
Give thanks for your life, and be satisfied
And save all those souls, that cried. Cried. And died.

I'm suffering now, and deserve to do so
My thoughts hammer at me, and deliver the blow
I wait for the reaper, he's only next door
Then I won't exist on this earth any more...thank God!

All our worlds

SIR, Wonderful, eh? You can come here (or at least there - the UK that is) but don't bother bringing your culture with you. (Carole Beranek - Letters 21-7-07) It shows such a splendid grasp of culture, and such generosity too.

And assuming Ms. Beranek to be no hypocrite, and certainly not to practise double standards, we must expect that she advocates Christians who travel to foreign homelands must drop their culture and become.....Zoroastrian, Sufi, Muslim, whatever. Some faith. She must at very least be Roman Catholic now, writing from Cascais.

Well, I'm proud to have nothing to do with such Christian imperialism. And don't get me wrong. I have Christian friends with whom I delight in playing music. I help organize our carol concerts: they no doubt get a different significance from the carols - BUT they also join in our old folk songs and wassails. It doesn't make them pagan nor me Christian. And in my last employment I was in charge of training personal counsellors, and was astonished to find after 2-3 months that 2-3 of the (mature) students were Christians but dared not express it. I'm proud that I helped them to gain confidence in their faith and use it openly and actively.

But then comes the danger. When we in the 'First World' rediscover the strength of some of our heritage we often also need some more sensitivity too, or we risk offending many from less advantaged cultures. It's easy to slip into an aggressive evangelism, or cultural disdain, which creates buccaneers like Bush, and his personal jihad (now dismally failed), and in turn they generate more terrorism.... Thanks, George.

Living in the UK now immerses you not in a Christian homeland, but in a multicultural society. And the challenge is to understand and mutually support one another. (Actually I thought that fitted fairly well with Christian values too?) I have a dear friend who is deeply Jewish - yet he trusts me enough to invite me to celebrate Seder (Passover) with him. He knows that I will denounce passionately the Zionist policies which the Israeli state pursues. I am sure that it will make many Jews condemn me as anti-semitic. But it ain't true.

Let's see if we can all help to understand one another's culture, and in the process defuse the militants' fire. And letters seeking a way back in time to an exclusive Christian society 300 years past are best addressed to Dr. Who, c/o The BBC, rather than The Portugal News.

S.WEBSTER, Vale Fuzeiros

Our apologies again for the typing mistake (now picked up in the above letter) in Carole Beranek's letter last week - 300 years should have been 30 years. Ed

WHERE TO WORSHIP

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The Algarve

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CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

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LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

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Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

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TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Candido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966380404. E-mail: jackieandmo@ yahoo.co.uk

ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

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***CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH.** At 6:00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

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Charities

LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

HELP THE orphans. Visit the bazaar in aid of the children in need. Find us in Estoi, opposite palace gates, Wed. to Sat. 10am - 5pm. Mobile 966 573 272, Tel.: 289 991 319 or 289 721 938.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tenis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

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ALCOHOLICS ANONYMOUS - Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Almancil 1.00pm; Almancil 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Almancil 7.30pm. Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Almancil 1.00pm; Portimão 7.30pm. Sat.: Almancil 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969.

Personal

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ALCOHOLICS ANONYMOUS English speaking meetings 7pm Sun., The Crypt, Igreja de Santo António, Av. de Marginal, Estoril; and 7pm Tues., St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. (Please confirm Tues. meeting – mobile 965 059 949).

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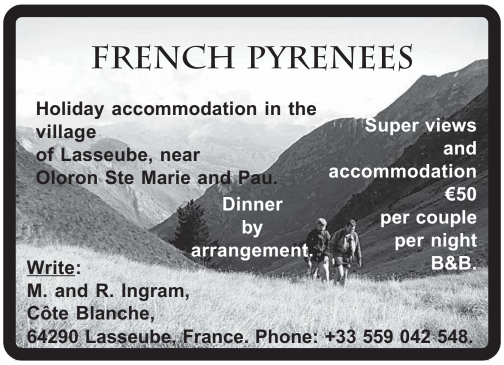

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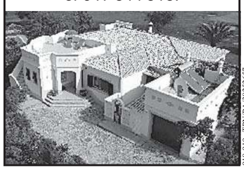

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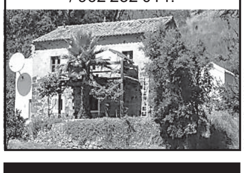

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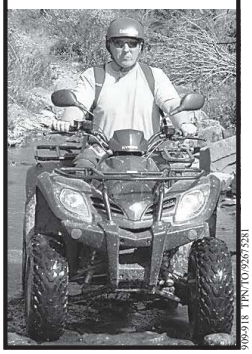

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Portuguese international Nani walks out for his first appearance in a Manchester United shirt. Nani, who scored in his debut match, is followed by compatriot Cristiano Ronaldo, who also scored in this match. (Photo: Lusa / Carmo Correia)

Benfica sell captain Simão

Benfica confirmed yesterday (Thursday) they had agreed terms with Spanish giants Atletico Madrid for the transfer of their inspirational captain Simão Sabrosa for a fee estimated to be in the region of 20 million euros.

Simão Sabrosa, a Portuguese international whose appearances have often been limited by the presence of either Luís Figo or Cristiano Ronaldo in the line-up is moving to Madrid only days after Benfica said its player was "non-negotiable".

Sabrosa had been on the verge of a move to Liverpool 18 months ago, but the deal broke down when Benfica asked for an additional two million euros from the English club.

Manchester United had also been linked to the player, but after their swoop for Nani and Anderson in the off-season, joining forces with Ronaldo and assistant manager Carlos Queiroz became unlikely.

A product of Sporting, Simão Sabrosa spent three inconsistent seasons at Barcelona between 1999 and 2001 before returning to Lisbon to play for Benfica.

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Fernandes races for fourth World Cup win of 2007

After a brief hiatus from World Cup racing, recent European Champion Vanessa Fernandes will be back this Sunday to take on the best triathletes in the world at the 2007 Salford BG Triathlon World Cup in England.

Hoping to keep her number-one ranking, Fernandes will face-off against five of the top-10 women and 50 others in the tenth stop of the 2007 BG Triathlon World Cup Series. A win this weekend will move Fernandes to within two of the all-time record for world cup wins and secure her hold on first in the world rankings.

It is a strong women's field in Salford to test Fernandes one last time before the world championships in Hamburg, Germany in September. Last year's winner Samantha Warriner of New Zealand heads a number of top contenders that include: world cup winner Kirsten Sweetland of Canada, recent world long distance champion Leanda Cave of Great Britain, world Under23 champion Erin Densham of Australia and world cup winner Debbie Tanner of New Zealand.

The Salford BG Triathlon World Cup is part of the ITU's series of Olympic qualifiers where athletes can claim valuable points in the race to Beijing. The Olympic fields are capped at 55 for men and women with a maximum of three per National Federation. Also on the line is US$100,000 in prize money.

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His performance at the Pine Cliffs Resort Summer Gala will close the European leg of his Coming Home Tour which has been promoting his latest album Coming Home, perfect to embrace this rich musical legacy. Lionel's soul satisfying performance will feature past mega hits from his time with the Commodores such as Easy, Three Times a Lady, and solo success such as Hello, Dancing on the Ceiling and Endless Love.
Tickets can be purchased at the Sheraton Algarve Hotel and include Gala Dinner al fresco and the concert.
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